

VISIT...

LANZAROTE
Caliente.COM

Food of The World - France

Deann Huber



First Edition, 2009

ISBN 978 93 80075 35 8

© All rights reserved.

Published by:

Global Media
1819, Bhagirath Palace,
Chandni Chowk, Delhi-110 006
Email: globalmedia@dkpd.com

Table of Contents

The best food recipes from France.

FRENCH FOOD

Main Course Dishes

Boeuf Bourgignon recipe



Ingredients for 4 people:

- 2 lbs. (1 kg) beef cut into chunks (not small cubes)
- 1 bottle of red wine (tip: use a reasonable quality full-bodied wine)
- 1 onion, chopped finely
- 5 chopped cloves of garlic
- 3 bay leaves
- 10 fresh green peppercorns (if you don't have fresh green peppercorns, ground black pepper can be used instead)
- Olive oil
- ½ lb. (quarter kg) bacon in strips or cubes
- 20 pearl onions
- 5 medium sized carrots
- ¼ cup (70 ml) all purpose flour
- 1 tablespoon (17 ml) tomato paste

Preparation Time: 45 Minutes

Cooking Time: 2 hours

Recipe:

- Marinate the beef for at least 4 hours (best over night) in the red wine mixed with the chopped onion, garlic, bay leaves and fresh peppercorns.
- Remove the meat from the marinade and dry with paper towel.
- In a large pan:
 - o Fry bacon in oil until slightly browned. Place bacon in a large ovenproof casserole.
 - o Then brown the pearl onions and cubed carrots in the pan and add to casserole.
 - o Then brown the meat in the pan. Depending on the size of the pan (i.e. if it is not possible to fit all the meat into the pan), do the meat in batches and store the meat already browned temporarily in a large dish..
 - o When all the meat has been browned, put it all into the pan, sprinkle 1 tablespoon of flour and mix well while continuing to brown (approx. 5 minutes) then add bit by bit the red wine marinade including onions, garlic, bay leaves and fresh peppercorns and last but not least the tomato paste. Add to casserole and mix carefully with bacon and pearl onions.
- Cook for 2 hours (or until tender) in oven at 180 Celsius (275 Fahrenheit).
- Best served with home made spaetzle (refer to recipe *Spaetzle*).

Notes:

Boeuf Bourignion comes from the Bourignion region of France (in English, this region is known as Burgundy). Bouignion is famous for its rich cuisine, developed during a time when it was one of the richest corners of Europe. It's cuisine features beef, creamy sauces and of course wine (it is one of the two premier wine regions of France). Perhaps it's most famous dish is Boeuf (which is French for beef) Bourignion, which combines all three traditions.

There are many full-bodied wines suitable for this dish. However, the Burgundy wines are a good bet. If possible, serve a full-bodied Burgundy wine at the table to go with the dish. Not only will it be a good match, but it shows a little extra style (this in particular will be appreciated by French visitors, who generally believe that food from a given region should be matched by wine from the same region).

Boudin Blanc recipe

Ingredients for 4 people:

- 4 white sausages (Boudin Blanc)
- Sweet mustard



Preparation Time: 1 Minute

Cooking Time: 10 Minutes

Recipe:

- Place Boudin Blanc into a pot of cold water. Bring to the boil and simmer for 10 minutes.
- Serve hot with sweet mustard, mashed potatoes and salad.

Notes:

Boudin Blanc is a fat white sausage. The meat can be a mixture of chicken and pork, but other combinations exist as well. It may also include milk and egg. As there are many different versions, only the butcher from whom you buy the sausages can tell you the exact ingredients used.

Although traditionally fried or grilled (as per the above recipe) that also cook well on a barbeque.

Boudin Noir recipe

Ingredients for 4 people:

- 4 blood sausages (Boudin Noir)
- 4 onions, cut into rings
- 4 apples, cut into slices
- butter
- milk

Preparation Time: 10 Minutes

Cooking Time: 30 Minutes

Recipe:

- Fry Boudin Noir in a little butter for about 20 minutes

- Fry onion rings and apple slices in butter until golden brown
- Serve Boudin Noir hot together with fried onions and apples
- Serve with mashed potatoes

Notes:

Although "blood sausage" may sound disgusting, it does in fact taste quite good. There is nothing in the texture or sight that indicates blood, except for the dark red colour.

History:

Blood sausage is one of the oldest and most traditional of French foods, with inscriptions and documents stretching back 2000 years showing its production.

Up to the second world war, it was common for families in rural areas to keep a pig, which was raised to be slaughtered at the beginning of winter. This was a major event each year, with the entire family working from dawn to dusk to slaughter, bleed, butcher and process every part of the pig. Nothing was wasted, even the blood and bones were used. Not only was this an important source of meat, but also a source of food during the lean winter months. As this tradition of keeping a family pig for slaughter had faded from being commonplace to being almost unknown, Boudin Noir has declined from being a staple of the average families diet to being merely one of many types of sausage available. However, you will still find Boudin Noir in any serious butcher shop.

Nowadays Boudin Noir is prepared by butchers (or factories) using modern methods. Before being stuffed into its casing, the blood is mixed with various ingredients, depending on the recipe of the producer. These typically include some of the following: herbs, onions, cream, fat, fruit, vegetables, grain, apples or chestnuts.

Although the name "blood sausage" may be unattractive to some, it is essentially the same idea as British "black pudding", which is not uncommon as part of a British fried breakfast. Except when fat or cream are added, it is a lean and healthy source of protein.

Unless pre-cooked, Boudin Noir does not keep for a long time, so should be prepared and eaten within a day or so of being purchased.

Coq au Vin



In most cases, Coq au Vin is simply chicken cooked in wine. There are several variations, in particular:

- In the French region of Bourgogne (which the English know as Burgundy), a red wine is typically used. This is perhaps the most well-known version of Coq au Vin.
- In some areas a white wine is used instead. Although these versions are less well known, I personally consider white wine more suitable as it complements the flavour of the chicken instead of over-powering it. After all, if one was serving a glass of wine with a chicken dish, it would be considered very odd to serve a red wine instead of a white wine. For similar reasons (white wine going better with fowl), I believe that Coq au Vin is best prepared with a white wine.
- In Alsace, a Reisling white wine is traditionally used. This reflects the fact that **Alsace** is on the German border and has strong historical Germanic connections, which is reflected in both its food and wine. Cream and morel mushrooms may be added.
- In the **Franche-Comté** a Vin Jaune white wine is traditionally used, with cream and morel mushrooms. Personally, I consider this to be the finest version of Coq au Vin. See the recipes below for further discussion.
- Other regions of France may use either a red or a white wine, depending on local preferences and individual cooks.

Recipes

Coq au Vin (rouge) - The best-known version of Coq au Vin

Coq au Vin (blanc) - A simple meal, which is widely appreciated

Coq au Vin avec Creme - An elegant but simple recipe

Coq au Vin (Vin Jaune, Cream, Morels) - The king of Coq au Vin recipes

Coq au Vin - Name:

Coq is the French word for "cock" (as in Rooster, or male chicken). Vin is French for "wine" and "au" is French for "of the". Consequently, "Coq au Vin" literally translates as "Cock of the wine". However, as literal translations are not that meaningful, a better translation would be "Cock cooked with wine".

Until the 20th century it was common for rural families to have some chickens (for eggs and meat) and a rooster. The rooster would be kept until it was too old to perform its duties, at which time it would be killed and eaten. However, by this time the meat would be hard and stringy, so cooking it slowly in wine would tend to soften the meat and make it more edible. As such, the recipe has historically been considered "peasant food" or "poor people's food" as the well-off would be able to afford a better cut of meat which would not require slow cooking in wine in order to be edible.

In modern times, few people would choose to eat an old cock. Consequently, most modern versions use a chicken instead of a cock. As such, if one was being exact, the recipe would be called "Poule au Vin" (chicken cooked in wine). However, the old name "coq au vin" is always used, even if a chicken is substituted for the traditional cock.

Some people will use a "capon" (a young, castrated rooster) instead of a chicken or a cock. This is fairly rare as a "capon" is quite expensive. Also, the meat of a capon is so fine that one could argue that it's taste should not be masked by cooking it in wine.

Coq au Vin - Origin:

The origin of the recipe is unknown. There are two popular myths as to its source: Napoleon and Caesar.

The first myth is that Napoleon unexpectedly stopped at an inn while travelling. The innkeeper had little food to serve (perhaps due to the deprivations associated with the Napoleonic wars) aside from an old rooster and some inferior wine. In desperation, the innkeeper cooked the rooster in the wine, with onions, herbs and some vegetables. To everyone's surprise, it was very tasty, to the point that the recipe became part of the standard French cuisine.

In fact, while a pleasant tale, it is defeated by the fact that written records of the recipe pre-date Napoleon by hundreds of years. However, it is not impossible that the recipe was re-invented in the method described.

The other popular myth holds that when Caesar conquered the area subsequently known as France, the inhabitants presented him with an old rooster as tribute. Caesar's cook used wine (which was very popular with Romans) to make the meat palatable. Again, although an amusing tale (and expressive of French pride), there is no historical basis for it.

What is known is that the recipe is very old (at least 400 years) but did not become popular until the early 1900s. Since then it has become one of the best known French recipes, both within and outside of France. The affordability of chicken and reasonable-quality wine, as opposed to its traditional old rooster and inferior wine, has transformed it during the past century into fine cuisine, from its original roots in poverty and the need not to waste any food.

Côtes de Veau-au-Fromage recipe



(French: Veal with cheese)

Ingredients for 4 people:

- 4 veal chops 2cm thick
- 4 slices of ham
- 4 slices of Gryere cheese
- 2 eggs
- 100 gr. butter
- breadcrumbs
- flour
- 1 lemon
- salt and pepper

Preparation Time: 20 Minutes

Cooking Time: 20 Minutes

Recipe:

- Carefully cut a pouch lengthwise into the veal chops.
- Place a slice of ham and one slice of Gryere into each pouch. Close with a skewer.
- Beat the eggs.
- Roll chops with flour, spice with salt and pepper, than roll in beaten eggs and than in breadcrumbs.
- Fry in butter for approximate 10 minutes on both sides.
- Serve with lemon slices, rice or mashed potatoes and vegetables.

French Toast Recipe (How to Make French Toast)

There are many different recipes for **French toast**; I know of almost a hundred and I'm sure there are more. However, the basic **recipe** is:

- Stale bread, cut in thick slices
- Soaked in a mixture of egg and milk
- Add sugar and or spices (depending on recipe)
- Fry on both sides until golden brown

Most recipes call for sugar and/or spices. Maple syrup is also a common addition (particularly in Canada and the USA). Following are a couple of recipes which are particularly popular and relatively simple.





Easy French Toast Recipe (Cinnamon & Canilla) - A quick and easy recipe

French Toast Recipe (sweet) - A sweet version (with powdered sugar)

French Toast Recipe (sugar+salt) - Sweet, but balanced by touch of salt

French Toast Recipe (Spicy) - Slightly exotic with: nutmeg, cinnamon, vanilla

Baked French Toast Recipe - A different taste, very rich and delicious (but a bit naughty)

Baked French Toast (Apple + Raisin) - So rich and tasty it is almost sinful. The apple, cinnamon and raisins work magic together with the rich mixture of cream, sugar and butter.

French Toast - Origin and Name:

French toast is popular (mainly as a breakfast meal) in North America, parts of Europe and China. The origin of French toast is uncertain, as is its name. Recipes dating back to the sixteenth century have been found, and it appears to have been widespread throughout Europe. Each country appears to have had its own name for it.

In France, it was called "pain perdu" (lost bread), as it was a way of using bread that had gone stale and would otherwise perhaps be thrown away (in other words, lost bread).

In England, it has been called "Poor Knight's Pudding" or "Poor Knight's of Windsor". Again, this may be a reference to the use of stale bread, so it is associated with the need of poor people to not throw away food. The reference to Knight is less certain, but as eggs and milk would have perhaps been beyond the normal means of a poor peasant, the meal is perhaps more applicable to a Poor Knight (who, although relatively poor, would be more able than the average peasant to afford the eggs and milk).

A similar pattern is to be found in Finland, where the basic recipe was called "*köyhät ritarit*" (poor knight's) but if sugar and jam were added (relatively expensive ingredients at the time) it was called "*rikkaat ritarit*" (rich knight's).

In America there were a number of names for the recipe, but it was perhaps most commonly known as "German Toast" prior to World War I. However, anti-German sentiment at that time resulted in it being renamed to "French Toast". Since 2003 the anti-French sentiment in parts of the USA resulting from opposing positions over the Iraq war has resulted in it being renamed to "Freedom Toast" in the White House, US Congress and some restaurants. At about the same time these institutions also renamed "French Fries" to "Freedom Fries".

French Toast - Nutrition:

French toast is a sound meal, provided one doesn't use too much sugar. The bread provides carbohydrates, the egg protein, the milk calcium and other nutrients. It is also good for economic fitness as eggs are relatively cheap and one can use stale bread that would otherwise be thrown away. The trick is to use a French toast recipe that does not call for a lot of sugar (or, to only use such recipes occasionally as a special treat). We provide both types of recipes here.

Mont d'Or recipe



Ingredients for 2, 4 or 6 people:

- Mont d'Or cheese
- Potatoes
- Sliced meats or Sausage
- Pickles
- Clove of garlic
- White wine

Preparation Time: 15 Minutes

Cooking Time: 25 Minutes

Recipe:

- The Mont d'Or Cheese comes in a variety of sizes: 400 g., 800 g. and 1.2 kg (approximately 1, 2 or 3 pounds respectively). Depending on the size, this recipe will feed from 2 to 6 people.
- The Mont d'Or cheese comes in a thin round box. Remove the top of the box and dispose of it. Wrap tinfoil around the outside of the remainder of the cheese box.
- Scoop out the centre of the cheese (with a spoon) and place the scooped out cheese at the edge of the round of cheese. The hole should be about half the depth of the cheese and about a quarter of the width.
- Fill the hole with white wine.

- Finely cut the clove of garlic and place in the hole.
- Wash the potatoes (but don't peel them).
- Place the cheese in an oven at 180° C (444 F) for 25-30 minutes. Start boiling the potatoes, so that they will be cooked at the same time as the cheese. When the cheese is golden brown on top and semi-liquid underneath, it is ready to serve.

Serving:

- While the cheese and potatoes are cooking, place the sliced meat or cooked sausage on a plate and the pickles in a dish. If there is room, place small plates beside the guests (for the potatoe skins).
- Set the table, with a hot plate for the potatoes and cheese. Ideally the cheese should be on a heated hot plate so that it remains warm and liquid.
- When the potatoes and cheese are cooked, place them on the table (on the hot plates). Place a large spoon beside the cheese.
- Serve each guest one or two potatoes. The guests will peel their potatoes (see above note about side-plates for the skins) and then spoon the cheese onto the potatoes and serve themselves meat and pickles. It is expected that the guests will continue to serve themselves through the meal, depending on their appetite.

Notes:

The potatoes are cooked in the skin and then peeled at the table. If they are peeled before cooking they lose some of their taste. Also, it is tradition with this recipe for guests to peel their potatoes at the table. Remember that French food is intended to be eaten at leisure, so guests peeling their potatoes is quite appropriate (for a rustic dish such as this.)

The quantity of ingredients will depend in the number (and hunger) of the guests. Choose a size of cheese, number of potatoes and amount of meat and pickles accordingly.

The recipe traditionally calls for garlic and one can easily use 2 or 3 cloves for the bigger cheeses. However, if one prefers to avoid garlic, a small amount of onion can be used instead.

When my wife and I cook this recipe just for ourselves, we prefer a cooked sausage instead of sliced meat. The 'Morteau' sausage is from the same region at the Mont d'Or cheese and goes exceptionally well with it. Simply place it in a small oven-proof dish with some water and put it in the oven at the same time as the cheese. As the cheese and a Morteau sausage take the same amount of time to cook, this works well. When placing the cheese and potatoes on the table, simply serve the sliced hot sausage instead of (or in addition to) the sliced meats.

History:

Mont d'Or cheese is made from cow's milk in the France Compté region of France, which borders on Switzerland. As the production is around the border of the two countries, it is disputed as to which of the two originated the cheese. Currently,

they both produce this type of cheese, with the French version being based on unpasteurised milk and the Swiss being based on pasteurised milk.

In France, due to the use of unpasteurised milk, the cheese is produced only in the fall and winter and is available for sale only during these months. Consequently, it is a seasonal dish, although I find it freezes reasonably well if one wishes to purchase it during the winter and keep it until the summer. There is another cheese of similar appearance, made from pasteurised milk, which can be purchased during the summer. I greatly prefer the taste of the unpasteurised version.

Mont d'Or has been produced in the France Compté for 200 years and is part of a cheese-making tradition which in this region stretches back to the 12th century. In fact, this region is known throughout France for the quality of its cheese.

It is a AOC cheese. As such there are a number of rules regarding its production. These include the time of production (between 1st August and 31st March), the type of milk used (Montbéliard and Pie Rouge de l'Est cattle), and the location (about 40 villages meet the criteria). There is also a strict procedure regarding the procedure. This includes the use of cloth-lined moulds, encircled by strips of spruce bark (these make up the box in which it is sold, less the cloth) and washed in brine.

The cheese is named after the "Mont d'Or" mountain, approximately in the centre of the area of production of the cheese. Historically it was produced by both the Swiss and the French and called by both "Vacherin Mont d'Or". However, despite the use of this name by both countries, the Swiss took steps to acquire the legal right to this name in 1973. Since then the French have called their version of this cheese "Vacherin de Haut-Doubs" (after the Haut-Doubs department, where the French cheese is produced) or simply "Mont d'Or".

Pot au Feu recipe



(French translation: pot on the fire)

Ingredients for 4 people:

- 1.5 kg (3 pounds) beef with bone (plat de cote)
- 300 gr. (11 ounces) bacon in stripes or cubes
- 10 pearl onions, peeled
- 3 chopped cloves of garlic
- 4 medium sized carrots, peeled and cut into 4 cm cubes
- 2 leeks, washed and cut into 1 cm rings
- 5 tomatoes, chopped and peeled
- 200 ml (1 cup) beef stock
- all purpose flour

Preparation Time: 40 Minutes

Cooking Time: 5 hours

Recipe:

- Brown meat in frying pan, adding salt and pepper. Sprinkle a little flour over the meat while turning over. Place meat into oven proofed casserole or even better into a slow cooker.
- Briefly fry bacon, onions, garlic, carrots, than add tomatoes, leek and beef stock. Bring to the boil and add to casserole or slow cooker.
- Cook at low temperature (150 Celsius) for about 5 hours or until the meat falls of the bone.
- Serve with potatoes (boiled or fried).

Notes:

Depending on the meat being used, a Pot au Feu can be very rich. If you would like a leaner version, prepare it the day before and allow to cook overnight. Once cooled the fat will rise to the surface and it can be skimmed off. The dish can then be re-warmed.

Pot au Feu is often served with mustard and course salt.

After removing and serving the meat and vegetables, there will be a delicious sauce left over. This can be used for making soup, as a base for a sauce or for cooking vegetables in.

For a Pot au Feu with a Mediterranean flavour, modify the recipe by reducing the amount of meat, increasing the amount of vegetables and adding herbs.

History:

Pot au Feu is French for “pot on the fire”. In other words, a stew or stock pot which is left cooking over the fire. In previous times, it may simply have been a cooking pot which was left over the fire, into which was thrown whatever food and scraps happened to be available. Often the meat was either scraps, or relatively poor cuts which needed a long time to cook in order to be tender. In historical terms, it was a dish for relatively poor people.

Today in France, one can buy “pot au feu” meat. Expect this to be meat which reflects the historical background of this dish: relatively inexpensive and inferior cuts, which will soften with long slow cooking. While such meat is quite adequate for a Pot au Feu, feel free to use better cuts if you wish.

As a Pot au Feu is historically a stew-like dish of whatever meat and vegetables were available, there are no absolute guidelines about what it should contain. However, in general it will contain beef, some bones (such as ox-tail) which have either marrow or cartilage (or both, depending on which bones are used), vegetables (such as carrots, onions, leeks, turnips) and spices. Due to concerns about CJD, this recipe excludes bones.

Quiche Alsatian recipe



(Quiche recipe from Alsace region of France)

Ingredients for 4 people:

- 6 eggs
- 7 ounces (200 g) chopped Bacon
- 4-5 ounces (125 g) grated Gruyere Cheese
- 2 cups (500ml) soured cream (in French: Crème Fraiche)
- 2 cups (500ml) Yoghurt (in French: Fromage Blanc)
- ½ cup (125 ml) grated or diced onion
- Shortcrust Pastry (in French: Pate Brisee)
- Salt and Pepper

Preparation Time: 15 Minutes

Cooking Time: 40 minutes

Recipe:

- Put the pastry in a greased oven-proof dish, covering the bottom and sides of the dish.
- Sprinkle the chopped bacon and then the grated cheese onto the pastry bottom. If you don't have Gruyere cheese, you can use cheddar or other cheese.
- Mix together the eggs, crème, fromage blanc, onion, pepper and salt. Pour into the oven dish.
- Put into preheated oven and bake for 40 minutes at 180°C (350°F) or until filling is firm and golden.
- Quiche Alsatian can be served hot or cold.

Notes:

If you don't have Gruyere cheese, you can use cheddar or other cheese.

Soured cream is not exactly the same as Crème Fraiche, but it is close.

Fromage Blanc is actually a mild creamy white cheese. However, it is similar in taste to yoghurt, which can be used instead.

A mixed salad goes well with Quiche Alsatian, together the two make a meal.

Quiche Alsatian is simply Quiche Lorraine, with added onions. If you don't care for onions, or if they don't agree with you, try our **Quiche Lorraine recipe**.

Quiche Lorraine recipe



(Quiche recipe from Lorraine region of France)

Ingredients for 4 people:

- 6 eggs
- 7 ounces (200 g) chopped Bacon
- 4-5 ounces (125 g) grated Gruyere Cheese

- 2 cups (500ml) soured cream (in French: Crème Fraiche)
- 2 cups (500ml) Yoghurt (in French: Fromage Blanc)
- Shortcrust Pastry (in French: Pate Brisee)
- Salt and Pepper

Preparation Time: 15 Minutes

Cooking Time: 40 minutes

Recipe:

- Put the pastry in a greased oven-proof dish, covering the bottom and sides of the dish.
- Sprinkle the chopped bacon and then the grated cheese onto the pastry bottom. If you don't have Gruyere cheese, you can use cheddar or other cheese.
- Mix together the eggs, crème, fromage blanc, pepper and salt. Pour into the oven dish.
- Put into preheated oven and bake for 40 minutes at 180°C (350°F) or until filling is firm and golden.
- Quiche Lorraine can be served hot or cold.

Notes:

If you don't have Gruyere cheese, you can use cheddar or other cheese.

Soured cream is not exactly the same as Crème Fraiche, but it is close.

Fromage Blanc is actually a mild creamy white cheese. However, it is similar in taste to yoghurt, which can be used instead.

A mixed salad goes well with Quiche Lorraine, together the two make a meal.

History:

Quiche Lorraine is a classic French recipe, from the Lorraine area of France. In fact, at the time that Quiche was originally created (around the 16th century) this area was a German Kingdom. However, after alternating back and forth between Germany and France, it is now firmly part of France (although still with a strong German flavour in cuisine and many other aspects due to its historical connections).

Quiche Lorraine is a typical example of a French regional dish which has become popular throughout France and the world in general. As it has spread, many variations on the basic idea have developed so one can easily find scores of different recipes. Some have additional ingredients (e.g. mushrooms, broccoli), or use different types of cheeses or include various spices. Perhaps the most popular variation

is the addition of sliced tomatoes (they are placed into the dish prior to cooking with the egg/cream mixture poured over them). One also finds vegetarian versions, with the bacon replaced by various vegetables.

If the recipe is modified to include onions, it is then known as Quiche Alsatian. Simply add 125 g (half a cup) of grated or chopped onions to the above recipe to change it from Quiche Lorraine to **Quiche Alsatian**.

Raclette recipe



Ingredients:

- 200 g. (7 ounces) of cheese per person
- 4 medium potatoes per person
- sliced meat or sausage
- pickles

Preparation Time: 15 Minutes

Cooking Time: 25 minutes

Recipe:

- Wash (but do not peel) the potatoes
- Boil the potatoes in their skins until cooked (20 to 30 minutes)
- While the potatoes are cooking:
 - Cut the cheese into cubes, put into a serving bowl on the table
 - Put the onions and / or pickles into a serving bowl on the table
 - Place sliced meats or sausage onto a serving plate, on the table

- o Place the raclette machine on the table and turn it on (so it has time to warm up before serving the meal).
- When the potatoes are cooked, drain the water and then place the pot with the potatoes onto the table (you may need to use a hot plate to prevent the hot pot from damaging the table. Leave the lid on the pot so that the potatoes stay warm).
- The meal can now start (see notes below).

Notes:

The potatoes are not peeled prior to boiling as they taste better if cooked in their skins. They are peeled at the table, each guest peeling his/her own potatoes.

There is no need to peel the potatoes for your guests prior to serving. A raclette meal is intended to be eaten slowly and at leisure, and the time for peeling potatoes (while the cheese melts) is part of this and very traditional.

You may wish to place a small dish between the guests in which they can place the potato peels. This way they can eat off of an uncluttered plate.

If you have a potato fork (a 3-pronged fork with a wooden or plastic handle, used to hold a hot potato while peeling it) and a sharp knife for each guest, this is a bonus (but not required).

History:

Raclette is a cheese produced in the mountains of Switzerland and eastern France. It is a firm cheese with a pale yellow colour and a mild taste. It can be eaten cold, but is best known for being melted and poured over potatoes.

The traditional way of eating Raclette is to melt it in front of an open fire (first removing part of the rind or cutting it in half/quarters to allow it to melt easier). When the fire has melted the outer layer, the melted cheese is scraped off and placed on potatoes (which are then eaten). As the heat of the fire then softens or melts the outer part of the remaining cheese, this is again scraped off and served on potatoes. This continues until everyone has eaten their fill.

The name of the cheese "Raclette" comes from the French word "Racler", which means "to scrape off". In other words, the cheese gets its name from the repeated scrapping off of the outer melted layer described above.

The name Raclette refers not only to the name of the cheese, but also to the meal on which it is based, consisting of potatoes with melted cheese, served with sliced meats and pickles (see above recipe).

In modern times, a machine is used to melt the cheese. This is also referred to as a Raclette. The simplest version consists of a cheese holder (in which a piece of raclette cheese is placed) and a grill to melt the cheese. More sophisticated versions (which are now the most popular) have a grill under which several small dishes can be placed. Each guest will have a small dish which they can fill with cheese and place under the grill to melt. Many machines also have a stone or hot plate above the grill. The pot of potatoes can be place on this to keep them warm. Alternatively, the stone or hot plate can be used to grill meat; while this is not traditionally done as part of a raclette meal, it means that the same machine can either be used for a racletter or a grill (in other words, it can be used for two different types of meals).

Entrees & Salads

Croutons



Ingredients for 4 dishes:

- 4 slices white bread
- 1 clove garlic
- 3 tablespoons (50 g) butter

Preparation Time: 5 Minutes

Cooking Time: 10 minutes

Recipe:

Croutons are added to other dishes (e.g. soups) and are never served on their own. The quantities in this recipe will make sufficient croutons for 4 bowls of soup or 2 Caesar salads.

- Peel the clove of garlic
- Rub the peeled garlic on the white bread
- Cut the bread into 1 cm cubes
- Heat the butter in the frying pan, on medium heat. The butter should be hot but take care not to burn it.
- When the butter is hot, add the bread cubes. Stir the bread cubes periodically with a spoon so that it cooks on all sides. Take care that neither the bread nor butter burns.

- When the bread cubes become hard, with a golden-brown appearance, they are done. This takes about 10 minutes (depending on how hot you cook them at).

Notes:

If the bread soaks up all the butter, so there is no butter left in the pan, simply add a bit more. This will help the cooking and help prevent the bread from burning.

Some dishes require that the croutons be hot (e.g. certain salad dishes). For others (e.g. soups) it doesn't matter. In the latter case, the croutons can be removed from the pan and left in a bowl for several hours until you are ready to use them.

Escargot Recipe



(Translation: Snails recipe)

Ingredients for 4 people:

- Escargot
- Butter
- Garlic
- Herbs

Preparation Time: see below

Cooking Time: see below

Overview:

Escargot is French for “snail”. There are many recipes for escargot, but they generally follow the same outline:

1. Purge and clean the snails
2. Cook them in boiling water
3. Remove the snail flesh from the shell
4. Make a butter, garlic and herb mixture
5. Place some of the mixture in the bottom of the empty snail shell, then add the snail flesh, then fill the remaining space with the mixture
6. Place the stuffed snails on a baking tray and then cook them in the oven
7. Serve the snails. Escargot is eaten with a small thin fork, which is used to extract the flesh from the shell. Special tongs are available to hold the shell while this is done; while useful they are not absolutely necessary.

In practice, almost everyone buys escargot partially or completely prepared. Just as the vast majority of people (in western countries) buy chickens which are already plucked and gutted, most people cooking escargot would buy them after the first 3 steps have already been completed, and often the first 5 steps (in which case one only needs bake them in the oven).

Notes:

Escargot Preparation

As discussed below, even edible snails can have an unpleasant taste or become poisonous, depending on what they have eaten (this is more a consideration with wild snails, as it is unlikely that farmed snails would be fed poisonous plants). Consequently, prior to cooking them, there is a preparation stage to purge them. There are two generally accepted approaches to this:

- The traditional method of purging snails begins with a fasting period of 5 or 6 days, during which they are kept in a wooden box. They are then washed with running water. After this, they are put in a big container, with a handful of salt between each layer of snails (the salt causes them to disgorge themselves, producing a foam). Finally they are carefully washed again.
- With farm-raised snails, a simpler approach which does not require salt can be used instead. Place the snails in a box with a grating in the bottom (so that moisture is not retained), with the box raised above the ground (so that the snails do not have any contact with soil or vegetation). Each day wash them thoroughly with running water, for two or three days. If they are fed with dill during this period, they will acquire the pleasant taste of dill.

After either of the above methods, the snails have been purged of any unpleasant substances. They are then cooked in boiling water for 3 minutes, removed from the water and then the meat is removed from the shells. The hepatopancreas organ (this organ is part of the digestive tract of snails, and has a similar function to the liver and pancreas found in higher animals) is then removed (although with the Petit Gris, some

people prefer to leave the organ attached). The flesh is then put in brine (cold water saturated with salt) for a quarter-hour, then removed and washed thoroughly in fresh water. The meat is now ready for cooking or freezing.

Escargot is most commonly baked and served in the shells, although there are a number of recipes which do not involve the shells. If you are using the shells, they will need to be thoroughly cleaned (inside and out), then boiled to sterilise them.

Escargot: Already prepared

The above procedure requires several days and considerable work. Consequently, most people buy the snail meat already prepared. One can either buy the meat (fresh, canned or frozen) on its own (ready to cook) or one can buy them completely ready-made for baking (with the flesh prepared, then stuffed back in the shell with butter, flavoured with garlic and herbs).

Escargot in France

The French reportedly consume approximately 40 000 tons of escargot each year, making them the world's largest consumers of escargot. Much of this is imported, as the French are currently (2006) unable to produce enough snails domestically to meet the demand. Consumption is particularly high during festive times (e.g. New Year) as escargot is a somewhat expensive delicacy.

History:

Although mainly considered a French dish, **escargot** (snails) have been eaten for many thousands of years. Large quantities of empty shells have been found in the caves of prehistoric man, indicating that in various parts of the world they were a common part of the diet at that time. With the rise of civilisation, various cultures (including the Greeks and Romans) have continued to eat snails, often considering them a delicacy.

Today there are over 100 different types of edible snails (with 116 different types being the most quoted number). In France, only two types are commonly eaten: the 'Petit-Gris' (which is French for 'Little-Gray', and is scientifically known as *Helix Aspersa*) and the 'Escargot de Bourgogne' (which is French for 'Burgundy Snail', and is scientifically known as *Helix Pomatia*). It is possible to collect snails from the wild and eat them, provided you know which ones are edible and where to find them. In France there is a hunting season for edible snails, and they can only be collected during this time. Although restricting snail collection to this hunting period is intended

to protect the wild snail population, here and elsewhere in the world the population has been reduced through over-collecting.

If collecting snails from the wild, considerations include:

- Some snails are protected (due to population decline) and cannot be legally taken. Others may have a hunting season, which is the only time they can be collected.
- Not all snails are edible. Some have an unpleasant taste, while others are poisonous. If collecting wild snails, take local advice to avoid a disappointing meal (or worse).
- The taste of wild snails is affected by what they eat. If they happen to have eaten poisonous plants, they will also become poisonous until the poison has been purged from them (see the above section on Preparation).

The increasing scarcity of wild snails (and associated costs of collection) has promoted the creation and growth of snail farms, which now grow a proportion of the snails for public consumption. Breeding of edible snails has focused almost entirely on the 'Petit-Gris' rather than the 'Escargot de Bourgogne' . For more information (and pictures on snail breeding) click on **Escargot Breeding**. The technical term for farming snails is heliciculture.

French Onion Soup Recipe

(French: Soupe à L'Oignon)



Ingredients for 4 people:

- 4 large onions (or 6 medium)
- 100 grams (3½ ounces) grated cheese
- 200 grams (7 ounces) butter
- 1 bottle ordinary white wine
- 10 ml (2 teaspoons) bouillon powder
- 4 slices of white bread
- 1 clove of garlic

Preparation Time: 40 Minutes

Cooking Time: 20 Minutes

Recipe:

- Peel skin off onions. Slice onions into rings. Separate rings and put in frying pan.
- Add 100 grams of butter to frying pan.
- Cook onion on medium heat until glazed (i.e. onion becomes soft). Gently turn onion periodically to avoid burning.
- Add bottle of wine and the bouillon.
- Simmer for half an hour. - During this time:
 - o grate the cheese if it is not already grated, and
 - o pre-heat the oven to 180 degrees Celsius, and
 - o rub garlic into white bread and cut into 1 cm cubes, fry in remaining butter.
- Ladle (or spoon) the onion and wine into the bowls.
- Sprinkle the cheese over the top of each bowl.

- Put the bowls in the oven for 20 minutes. When the cheese is fully melted, it is ready to serve (some people prefer to wait until the cheese has cooked to a golden brown).
 - Sprinkle cooked bread (known as "croutons") on the soup just before serving
- Side dish: baguette (the traditional French bread stick)

Notes:

The choice of cheese depends on personal preference. Generally a hard white cheese is used. In France you could use a *Compte*, in England you could use a Cheddar. However, feel free to experiment with different cheeses for variety and to find the taste you and friends/family most enjoy.

French Onion Soup Recipe

(Quick version)

(French: Soupe à L'Oignon)

Ingredients for 4 people:

- 4 large onions (or 6 medium)
- 100 grams (3½ ounces) grated cheese
- 200 grams (7 ounces) butter
- 1 bottle ordinary white wine
- 10 ml (2 teaspoons) bouillon powder
- 1 clove of garlic



Preparation Time: 40 Minutes

Cooking Time: 20 Minutes

Recipe:

- Peel skin off onions. Slice onions into rings. Separate rings and put in frying pan.
- Add 100 grams of butter to frying pan.
- Cook onion on medium heat until glazed (i.e. onion becomes soft). Gently turn onion periodically to avoid burning.
- Add bottle of wine and the bouillon.
- Simmer for half an hour. - During this time:
 - o grate the cheese if it is not already grated, and
 - o pre-heat the oven to 180 degrees Celsius
- Ladle (or spoon) the onion and wine into the bowls.
- Sprinkle the cheese over the top of each bowl.

- Put the bowls in the oven for 20 minutes. When the cheese is fully melted, it is ready to serve (some people prefer to wait until the cheese has cooked to a golden brown).

Side dish: baguette (the traditional French bread stick)

Notes:

The choice of cheese depends on personal preference. Generally a hard white cheese is used. In France you could use a *Compte*, in England you could use a Cheddar. However, feel free to experiment with different cheeses for variety and to find the taste you and friends/family most enjoy.

If you have time, you can try the alternative recipe **French Onion Soup with Croutons**, which has extra style and taste.

Chicory and Walnut Salad



Recipe

(French: Salade d'Endives aux Noix)

Ingredients for 4 people:

- 4 medium endives
- 3 ounces (50 g) walnut halves or walnut pieces
- 4 cloves of garlic

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Recipe:

- Cut the endive in half and discard the bottom half (the bottom half is less tasty and has an inedible inner core)
- Place the endive in a bowl (a large, flat bowl is better than a traditional salad bowl)
- Break the walnut into quarter pieces and sprinkle them over the endive
- Peel the garlic, cut into fine pieces and sprinkle over the endive

- Add a French salad dressing (oil , vinegar, salt, pepper and a 1/2 teaspoon of sugar)
- Serve

Notes:

The name of the salad used in this recipe is a bit confusing, so take care when purchasing it at the grocery store that you get the right type. In France the salad is called Endive, in the USA it is usually called Chicory and in the UK it is usually called Endive. However, English-speakers sometimes use the term Endive to refer to a different type of salad (know as frisée in French) which is a large, green, flat salad.

For those not used to eating garlic, you may wish to use less than 4 cloves.

This salad is normally a side dish, but can also be served as an Entree.

Foie Gras: Recipe, History & Serving



Foie gras is one of the foods traditionally associated with French cuisine, which is not surprising given that the French are the main producers and consumers of this dish. For information on foie gras and a recipe, click on any of the following.

History of Foie Gras - This dish and method of production is thousands of years old, with the original inspiration coming from migrating geese.

Types of Foie Gras - The different types of foie gras, their relative advantages and disadvantages.

Serving Foie Gras - Various alternatives for serving, including what items (e.g. types of wine) that go with it.

Foie Gras Recipe - A simple recipe that focuses on the foie gras rather than hiding it.

Foie Gras and Animal Rights - A short and personal view of the debate.

French Salad Dressing Recipes

French Salad Dressing : Definition and Recipes



A typical French salad dressing consists of a mixture of vinegar and oil (generally vegetable oil in the north and olive oil in the south); within France this is known as a vinaigrette (from the diminutive of the French word vanaigre, meaning vinegar). This can be found in almost any medium-level restaurant in France.

At home, and in nicer French restaurants, additional ingredients are added, such as herbs or garlic. The exact ingredients and quantities depend on the individual cook as there are no official "French Salad Dressing" recipes.

Outside France, the term "French Salad Dressing" is often used to describe salad dressings which are French only in name, and which would only be found in France if imported (at which point one can imagine many French people would be rather bemused to see the title "French Salad Dressing" to describe something quite foreign to them). In the USA and Canada, the term "French Salad Dressing" is often used to describe what is essentially a mixture of oil, vinegar and ketchup.

Basic Recipe - Simply oil and vinegar, as described above. I prefer a high quality olive oil.

Traditional French Salad Dressing - A traditional recipe based on white wine vinegar.

French Salad Dressing (Mustard) - Ready in 5 minutes and goes with most salads. Don't be put off by the mustard, this is actually a soft and smooth salad dressing.

Notes:

Because oil and vinegar do not mix well, they are often served in separate bottles; each person pours onto their salad first from one bottle and then from another. In a medium-priced French restaurant, a vinaigrette is typically served in a pair of very basic looking square bottles, often sitting in a metal holder so that both can be carried together.

If you are purchasing a oil and vinegar set for your own home, one can also find rather more elegant bottles. It is also possible to buy a vinaigrette bottle which has two compartments (each with its own spout), so that both ingredients are within a single bottle. In particular I like the bottles which have an inner compartment and an outer compartment; if one places a olive oil in the inside chamber and a white vinegar in the outside chamber, the resulting appearance is quite attractive (although sometimes rather more difficult to manage than separate bottles).

It is also possible to server a French salad dressing in a single bottle. However, if one uses the basic recipe (just oil and vinegar) they do not mix well so each guest will have to vigorously shake the bottle and will then have a few seconds in which to quickly pour the dressing before the ingredients separate (an activity which hardly befits an elegant dining experience). With some of the more elaborate recipes, the additional ingredients (e.g. soured cream) may bind the oil and vinegar together, so the dressing can be served in a single container.

Bressane Salad Recipe

(French: Salade a la Bressane)

Ingredients for 4 people:

- 2 salad heads
- 1 pound (500g) poultry (chicken, duck or goose) livers.
Duck or goose livers are best, but if they are not available you can use chicken livers.
- 7 ounces (200g) bacon pieces (known in France as 'Lardons').
- 8 eggs
- 16 cherry tomatoes or 4 medium-sized ordinary tomatoes
- salad dressing (see **traditional salad dressing recipe**)

Preparation Time: 30 Minutes (including cooking) | Cooking Time: 15 minutes

Recipe:

- Separate the salad into individual leaves. Wash and then shake off the excess water (if you have a salad spinner, that is even better).
- Place the leaves on the plates (each person gets a prepared salad plate, rather than serving themselves from a communal salad bowl).
- Hard-boil the eggs (about 8 minutes). Then peel and quarter them. Place on top of the salad leaves.
- While the eggs are boiling, cut the tomatoes and place them on top of the leaves. Cherry tomatoes should be cut in half, ordinary tomatoes should be cored and cut in quarters.
- Fry the chicken livers in a small amount of oil (just enough oil so that the livers don't stick to the pan). Place them on the salad.
- Fry the bacon pieces in a non-stick pan (without oil) on medium-high heat until they are crispy. Discard the fat and distribute the cooked bacon bits over the salad.
- Serve immediately. The salad dressing should be placed on the table so each guest can add themselves.

Notes:

There are a number of variations of this recipe. The key ingredients are: salad, poultry (chicken, duck or goose) livers, eggs, tomatoes, and a suitable dressing. Some variations of the recipes may have additional ingredients (such as maize / corn).

Unlike some recipes, the exact amount or ratios of the ingredients in this recipe are flexible. You can have more or less of any of the individual ingredients, depending on individual preference.

This dish is intended to be served hot. So, once you start to cook the livers and bacon, you need to ensure that the guests are ready to sit at the table, so that when everything is ready the salad can be served before the livers and bacon become cold.

If you don't have a package of 'lardons', you can take ordinary bacon and cut it into small pieces (about a half-centimeter cube) to make the bacon pieces.

As this recipe has both meat (livers) and eggs, it makes a very substantial salad. If your guests are not big eaters or if you have a multi-course meal planned, you may wish to reduce the ingredient amounts. Otherwise, your guests may not have enough appetite for the remaining courses!! Alternatively, you can increase the amounts and make the salad the main course (I personally like to do this when I feel like a quick and relatively light meal).

This recipe is from the Bresse region of France (in the south of Burgundy). The Bresse region is known for its fowl, in particular for its chickens, which are considered the best in France (they have their own AOC !!) and probably the best in the world. The Bresse chickens are so important to this region of France, both in

financial terms and gastronomic pride, that the chicken is the symbol of this area. Consequently, it is not surprising that the local salad features both chicken livers and eggs.

As people and things specific to the Bresse region are known as 'Bressane', the salad is known as Bressane Salad (in French: 'Salade Bressane' or "Salade à la Bressane").

Tomato Salad Recipes



Following are our current tomato salad recipes, from the Mediterranean, along with some general discussion of tomato salads.

Mediterranean food has its own unique qualities. Compared to the rest of Europe and North America, it has: less meat (in particular, much less red meat), more fresh fruit and vegetables (with a greater proportion of raw vegetables), more olives, olive oil and herbs. Tomatoes also feature very prominently in the Mediterranean diet. The Mediterranean diet has long been recognised as being very healthy and is seen as the main reason that people living in the Mediterranean have a longer life expectancy (e.g. the life expectancy in France Mediterranean is about 3 years longer than in the rest of France).

The following recipes are from the French Mediterranean, but similar recipes would be found elsewhere in the Mediterranean, although there are some variations (e.g. the Greeks would typically add goats cheese to these recipes).

In much of France, recipes are more complex and their success is dependent on careful preparation. In the French Mediterranean, recipes are often far simpler, but

depend entirely on using high quality and fresh ingredients. If you have a fully ripe tomato that has enjoyed the hot Mediterranean sun, its taste and juices explode in your mouth. You don't need fancy dressings or sauces to make it taste good, as the simple raw ingredients themselves are enough. However, the reverse is also true, if you don't have high quality ingredients, these recipes do not taste, as they are too simple to hide any short-comings. So get the freshest and ripest ingredients you can. If it is winter time and you can't get fresh tomatoes, you may be advised to keep these recipes for summer time, to avoid disappointment.

Side Dishes

French Cheese





How many French cheeses are there?

There are about 400 different types of French cheeses. The exact number varies depending on how one counts them (e.g. all types of cheese, or only those that meet the AOC standard).

However, one also needs to consider that much of the cheese in France is made by small independents or co-operatives. For a single type of cheese, there may be several hundred

different producers. The cheese from these different producers will be somewhat different due to variations in the milk, yeast, and production approach used. Some producers will take milk from only a single farm, while others will use milk from several selected farms. Individual cheese makers may have different quality standards (for example, some will insist that the milk is 100% bio). Some will produce cheese in a highly controlled and technically advanced environment, while others will use more traditional means. All these differences can result in a given type of cheese having many different versions in terms of texture, taste, quality and price.

Furthermore, cheeses can be aged for different periods of time, changing the taste, texture and aroma. Each producer may provide mild (young), medium and strong (well-aged) versions of their cheese. This is of course relative, a young Roquefort will have a stronger taste and smell than an old *Comté*.

Consequently, if one considers the differences resulting from individual producers and aging, it is more accurate to say that there are many thousands of types of cheese in France.

A good overview is provided by **French Cheese Map (small)** and **French Cheese Map (big)**, which list the various cheeses of France, where each comes from, the milk used to produce them, the taste strength of each cheese, and so on.

Buying and storing French cheese



Cheese purchased in a supermarket is normally from a large commercial producer. The quality is generally average, with the more up-market stores tending to have better quality than the discount stores. Cheese in specialist stores and gourmet stores is typically of better quality than supermarkets, but correspondingly more expensive. In marketplaces the quality can range from the very best to very poor; price is a fairly good indicator. One can also buy cheese direct

from the smaller producers and co-operatives, many of whom will allow you to taste before buying (in much the same way as the smaller wine houses encourage wine tasting); quality and price both vary but one can often get an excellent cheese at a reasonable price.

Cheese should be stored in a cool, dry location (e.g. the fridge). It can also be stored in a wine cellar (provided it is not too humid), but this should be done only in small quantities and with mild-smelling cheese; otherwise the smell of the cheese will eventually affect the wine. Pieces of cheese should be wrapped in paper rather than plastic, as the paper allows it to breathe.

If the cheese is stored in a fridge, consider taking it out an hour before serving. This will allow it to warm slightly, so the natural aromas and taste can be better appreciated.

Cheese Fondue Recipe - Moitié-Moitié



Fondue Moitié-Moitié

Cheese Fondue

Ingredients for 6 People :

- 600 g (1.3 pounds) Gruyère cheese
- 600 g (1.3 pounds) Vacherin cheese
- 600 ml (almost one bottle of wine) of white wine
- 60 ml kirsh (a cherry brandy)
- 30 ml (6 teaspoons) of potato flour (or corn flour)
- 2 cloves of garlic
- ground pepper

Preparation Time: 50 Minutes

Cooking Time: 30 Minutes

Recipe:

- The garlic should be finely chopped
- Put the wine, kirsh, flour, chopped garlic and a small amount of garlic in a pot
- Heat the mixture until it is hot, but do not allow it to boil. Stir until it thickens (about 10-15 minutes, depending on temperature). Remove from heat and allow to cool.
- Cut the bread into slices or cubes and place it on a plate or in a basket, which is then put on the table.
- Remove the rind from the cheese and shred it. If the vacherin is very soft it may be difficult to shred, in which case simply cut it into small cubes.
- Put the wine mixture back on the stove and re-warm it. It should be hot, but must not boil. Gradually add the gruyère cheese and stir it in; as the cheese melts you can add more until it is all melted. Then gradually add the vacherin cheese in the same manner.
- Once all the cheese is melted, place it into the fondue pot and immediately light the heater under the pot. Regulate the heater so that the cheese stays hot, but does not boil.

The meal is now served. Guests place a cube of bread onto a fondue fork, place it into the cheese, remove and eat.

Notes:

This variation of Cheese Fondue is known as 'Fondue Moitié-Moitié', which translates as 'Fondue half-half', as the cheese is half gruyère and half vacherin. The recipe is originally Swiss, but is now also part of the French cuisine, particularly on the east side of France, near the Swiss border.

Cheese Fondue

Cheese Fondue Recipes

There are many different variations of cheese fondue. In France, the most

famous recipes are:

- *Fondue Savoyarde*
- *Fondue Jurassienne*

In addition to the French national recipes for cheese fondue, there are also a number of well-known recipes that are originally Swiss, but are also now part of the French cuisine. In particular:

- *Fondue Neuchâteloise*
- **Fondue Moitié-Moitié**
- *Fondue Fribourgeoise*

During May/June 2007 we will be adding each of these recipes.

Some cheese fondue recipes are based on a single variety of cheese, but many combine two different varieties. In addition to cheese, the recipes include wine, garlic and bread. Many recipes also include additional ingredients such as kirsch (a cheery brandy) or starch (to help bind the wine and cheese together). In general, one should allow per person 200 g (7 ounces) of cheese and 100 ml (3.5 ounces) of wine.

The most common problem with a cheese fondue is the wine and cheese separating. This detracts from both the taste and the flavour. This can be avoided by ensuring that the fondue is not over-heated (it must be hot, but never boil) and by using a binding agent (such as potato starch).

In addition to there being many variations of each of the different cheese fondue recipes, there are two of particular note. One is that the original versions call for the garlic to be chopped up and included in the fondue, whereas most English translations of these recipes have the garlic cut in two and then rubbed around the interior of the fondue dish and then discarded. The original approach reflects the French passion for garlic whereas the English approach reflects a more reserved approach to garlic. In our recipes we have followed the original traditional approach, but if you find that this gives too strong a taste, feel free to take the English approach of merely rubbing and then discarding the garlic.

The other major variation is that many English translations of the recipes omit the binding agent (e.g. potato starch). Although this simplifies the recipe, it increases the possibility of the wine and cheese separating. To minimise this risk, we follow the traditional approach of including the binding agent.

If it so happens that the cheese separates from the wine, one can simply reduce the heat somewhat and periodically stir the fondue to mix them together again.

If the cheese fat rises and forms a layer of fat on the top, or if the fondue becomes too thick, the easiest and quickest solution is to add a bit more wine and stir. Although not a perfect solution, it should allow you to continue with the meal without problem.

Crêpe Pancake recipe



Ingredients for 8 Crêpes:

- 400 g (14 ounces) flour
- 600 ml (10 ounces) cold water
- 1 small sachet of vanilla sugar. If you don't have vanilla sugar, a few drops of vanilla extract can be used instead.
- 3 g ($\frac{1}{2}$ teaspoon) salt

Preparation Time: 10 Minutes

Cooking Time: 40 Minutes

Recipe:

Batter Recipe:

- Put the flour, vanilla and salt in the bowl of an electric mixer. Add half the water and turn the mixer on. Then gradually add the remaining water (note: the water must be cold) as the ingredients are mixed.

- Once the ingredients are thoroughly mixed, the batter is ready to cook. Following are two approaches: how to cook the batter with a **Crêpe Maker**, and how to cook the batter without a Crêpe Maker.

Cooking the Crêpe (with a Crêpe Maker):

- Turn the crêpe maker on and wait a few minutes for it to heat up.
- Use a measuring cup or ladle to pour half-a-cup (125 ml) into the centre of the crêpe maker. Then quickly use the batter spreader to evenly spread the batter over the surface top of the crêpe maker.
- After a minute or two (depending on how hot your crêpe maker is), the crepe will be cooked underneath. To check, gently lift the edge of the crêpe and look. If the underside of the crêpe has started to turn a light golden-brown it is ready to be turned. Use the wooden knife (a crêpe maker should come with a wooden knife and a batter spreader) to turn the crêpe over.
- Wait another minute or two until the crêpe is cooked underneath (begins to turn a light golden-brown). Then use the wooden knife to lift the crêpe and place it on the plate.

Repeat the above procedure until all the crêpes are cooked. If you are cooking the crêpes to be used later, you can stack them on a plate and once they are cool cover with plastic film to keep them.

Cooking the Crêpe (without a Crêpe Maker):

- If you don't have a Crêpe Maker, you can cook the crêpe in a frying pan.
- First heat the frying pan up to medium-high heat (just the same as if you were making ordinary pancakes)
- Then add a very light coat of cooking oil. If you have a non-stick pan, you don't need to add oil. Unlike ordinary pancakes, it is important to use a minimum of oil, as too much oil will spoil the crêpe.
- Use a measuring cup or ladle to pour half-a-cup (125 ml) into the centre of the pan. Then tilt the pan with a circular motion to evenly spread the batter over the bottom of the frying pan.
- After a minute or two (depending on how hot your pan is), the crepe will be cooked underneath. To check, gently lift the edge of the crêpe and look. If the underside of the crêpe has started

to turn a light golden-brown it is ready to be turned. Turn the crêpe over (a large flat spatula is good for this).

- Wait another minute or two until the crêpe is cooked underneath (begins to turn a light golden-brown). Then lift the crêpe (a large flat spatula is good for this) and place it on the plate.

Repeat the above procedure until all the crêpes are cooked. If you are cooking the crêpes to be used later, you can stack them on a plate and once they are cool cover with plastic film to keep them.

Notes:

It is possible to add all the ingredients into the mixer bowl at once. However, adding the water gradually at the end is preferable as it minimises clumping of the flour.

Crêpes Suzette Recipe





Ingredients for 8 people:

- 5 oranges
- 2 lemons
- 250 g (9 ounces) of brown sugar
- 150 ml (8 tablespoons) Grand Marnier (optional). If one does not have Grand Marnier, Cointreau can be used instead.
- 8 crêpes. One can either buy these or make them using a **Crêpe Recipe**.

Preparation Time: 5 Minutes

Cooking Time: 45 Minutes

Recipe:

Preparing the Sauce:

- Squeeze the oranges until you have 400 ml (14 fluid ounces) of orange juice. This is about 5 oranges but depending on the oranges could be more or less.
- Put the orange juice into a frying pan. Add juice of 2 lemons and the brown sugar.
- Heat the juice to a low simmer and allow it to simmer until most of the liquid has boiled off and the resulting liquid is moderately thick (but still liquid).
- Take the pan off the heat and pour it into a container (not plastic!)

Preparing the Crêpes

One can either buy the Crêpes, or prepare them using a crêpe mixture, or make them using a **Crêpe Recipe**. If one is making the crêpes, this can be done at the same time as the sauce is simmering.

Serving

- Pour a small amount of sauce into a frying pan and warm to almost boiling.
- Place a crêpe into the sauce for a few seconds to warm it up and to allow the sauce to soak in. Use a couple of spoons to fold it in half, then fold it in half again. Place the crêpe at the edge of the frying pan to keep it warm.
- Repeat the above two steps until you have done a crêpe for everyone.
- Place a crêpe onto a plate for each person.
- If you have more crêpes than people, you can put more than one crêpe onto a plate. Alternatively, you can put the extra crêpes into a warming disk to keep them warm until they are ready to be served (to guests that want seconds).
- Pour a tablespoon (20 ml) of the Grand Marnier over each crepe and light. Although this step is part of the traditional recipe, if one has objections to alcohol or is serving this dessert to children, it can be omitted and the dessert will still be very tasty.
- Serve immediately as the crêpes need to be eaten while still warm.

Notes:

- If one heats the plates before placing the crêpes on them, this will help keep the crêpes warm.
- Some people grate the oranges before squeezing and then add some of the orange zest to the sauce. This is optional, depending on personal preferences.
- For more information about crêpes and crêpe recipes, click on **Crêpe Recipes**.

History:

The origin of this recipe and its name is disputed. The most common explanation is that it was created by accident by Waiter Hanri Charpentier in 1895 when he was preparing a dessert for the Prince of Wales (the future King Edward VII of England)

and his companion whose first name was Suzette. In his autobiography, Henri Carpentier said:

"It was quite by accident as I worked in front of a chafing dish that the cordials caught fire. I thought I was ruined. The Prince and his friends were waiting. How could I begin all over? I tasted it. It was, I thought, the most delicious melody of sweet flavors I had every tasted. I still think so. That accident of the flame was precisely what was needed to bring all those various instruments into one harmony of taste . . . He ate the pancakes with a fork; but he used a spoon to capture the remaining syrup. He asked me the name of that which he had eaten with so much relish. I told him it was to be called Crepes Princesse. He recognized that the pancake controlled the gender and that this was a compliment designed for him; but he protested with mock ferocity that there was a lady present. She was alert and rose to her feet and holding her little shirt wide with her hands she made him a curtsy. 'Will you,' said His Majesty, 'change Crepes Princesse to Crepes Suzette?' Thus was born and baptized this confection, one taste of which, I really believe, would reform a cannibal into a civilized gentleman. The next day I received a present from the Prince, a jeweled ring, a panama hat and a cane."

There are a number of variations of the above, in terms of the relationship between Prince Edward and Suzette (i.e. was she just the daughter of a guest, or his lover?), as well as whether it was Monsieur Charpentier who was serving or in fact the head waiter (which would normally seem more likely).

There are also a few alternative explanations, but they are less accepted. One is that the recipe was created by chef Monsieur Joseph. It is said that he invented the dish for a German actress, Suzanne 'Suzette' Reichenburg. Alternatively, it is said that there was a play running with a maid named Suzette and Monsieur Joseph supplied the play with a daily allotment of pancakes, which he named after the maid.

Another version is that the recipe was created by chef Jean Reboux for King Louis XV at the request of Princess Suzette de Carignan.

No matter what the origins, the recipe dates from the late 19th century.

The recipe was popularised in the US by Monsieur Charpentier, who became John D. Rockefeller's chef in the USA. Whether he actually invented the dish during his earlier employment as claimed in his autobiography is disputed

Crêpes Suzette with Ice Cream



The French term '**à la mode**' means "of the fashion" (i.e., what is in fashion). It is also used to describe a dessert served with ice cream. So if you serve crêpes with ice cream, it is 'crêpes à la mode' .

In general ice cream (particularly vanilla ice cream) goes one with dessert crêpes, but of course one would not serve it with a non-sweet crêpe (e.g. one with a cheese or meat filling).

One of the most popular recipes for children (and adults) is Crêpes Suzette served with vanilla ice cream, which then becomes '**Crêpes Suzette à la Mode**'. Of course, Crêpes Suzette is not served with ice cream in the traditional recipe. However, kids really like it, so why not?

Crêpes Suzette with Sour Cherries

Our traditional **Crêpes Suzette Recipe** does not have a filling, as it consists of a Crêpe in a sauce. However, adding a sour cherry filling is a variation which is extremely popular, even if it is not traditional.

For this variation, one needs about a bottle of sour cherries from which the pits have been removed. For eight people, a pound of sour cherries (about 400 g) is about right. For more or fewer people, adjust accordingly.

Then make the Crêpes Suzette as per normal (see the **Crêpes Suzette Recipe**). Just before folding the Crêpes at the end of the recipe, add some cherries to the centre. Then serve as normal.

The sour taste of the sour cherries very nicely offsets the sweet taste of the Crêpes Suzette sauce, which is one of the reasons that this variation is so popular.

Although I've served this recipe many times, I've never come across it in any recipe book. Consequently, I've named it after the person (Isabella) who first introduced it to me. Thus **Crêpes Suzette-Isabella**.

Black Radish Salad Recipe

(French: Salade de Radis Noir)

Ingredients for 4 people:

- 1 pound (half a kilogram) of black radishes
- 7 ounces (200g) Crème Fraîche (if you don't have Crème Fraîche, use either soured cream or just use ordinary cream)
- Juice of half a lemon
- Salt and pepper



Preparation Time: 10 Minutes

Cooking Time: 0 Minutes

Recipe:

- Peel the black skin off the radishes.
- Finely grate the radishes until you have 1 pound (400g) of grated black radish.
- In a bowl, mix the grated radish with the Crème Fraîche (or cream) and the lemon juice.
- Stir in some ground pepper (to taste) and a generous amount of salt. Taste to see if it has enough salt (it should have a slightly salty taste).

Notes:

- It is important to finely grate the radishes. If coarsely grated, they will retain a slightly unpleasant woody texture.

- It takes several minutes to grate the radishes. If someone happens to wander into the kitchen and asks if they can help, this is a good task to delegate.
- This dish keeps well so it can be prepared in advance. It can even be made the day before, if it is kept in the refrigerator and covered.
- Although this dish is titled as a "salad", it should be served as a side-dish rather than an entree.

About Black Radishes:

The black radish is part of the cuisine of continental Europe, in particular of eastern Europe. However, it is not commonly used in the UK or USA. They can be used in a variety of different dishes, including soups, stir-fry or salads.

It is black on the outside (thus its name) and has white flesh. It can either be round in shape, or it can be elongated. The skin (the black exterior) is not suitable for eating and is peeled off. The flesh itself has a firm, crisp texture (similar to turnip). When raw the texture is slightly woody, which is mildly unpleasant to eat, so it is either cooked (making it softer) or it is shredded or finely cut to remove the woody aspect.

There are two types of black radish: spring and winter. Spring radishes are grown and harvested early in the growing season, while winter radishes are grown late and harvested in the fall or winter. Most cooks prefer the winter radishes, in part because spring radishes tend to be somewhat bitter.

When buying a black radish, choose one that is firm and crisp, with an even black exterior. Avoid ones that are soft or wrinkled. They can be stored for several weeks in the refrigerator (remove their leafy tops when storing).

Fried Butternut Squash Recipe

Ingredients for 4 people:

- 1 squash
- 4 ounces (100 g) of butter
- salt and pepper



Preparation Time: 20 Minutes

Cooking Time: 35 Minutes

Recipe:

- Cut the squash in half. Use a spoon to remove the seeds, which should be discarded.
- Peel the squash and then cut it into cubes about 1 inch (2 cm) square. Stop when you have about 2 pounds (1 kg) of cut squash.
- Put the butter and squash cubes into a frying pan.
- Sprinkle salt and pepper generously over the top of the squash.
- Put a cover on the frying pan and cook over medium heat for 35 minutes.

Notes:

As the squash cooks it will release some water. The pan should be hot enough that the butter and this water simmers, but the butter does not burn.

I personally find that young squash tastes somewhat bland compared to older squash. So when I harvest my squash from the garden, I store them for a month or two in a cool cellar before I start to eat them. You may find that this recipe works better in late fall and early winter when your squash (either from your garden or from the store) has had a chance to mature.

This is an extremely easy recipe, except for peeling the squash. Squash is a rather tough fruit when raw (yes, I know it looks and tastes like a vegetable, but

technically it is a fruit). I find the easiest approach is to cut the squash into strips about an inch wide (following the ridges in the squash) and then to peel and cut the strips.

Cooked squash should be fairly soft, with just a hint of firmness. Ideally it should have the same firmness as a boiled potato just before the potato has been boiled long enough.

Butternut squashes come in a variety of sizes, often quite large. If you buy one that is too large for this recipe, simply peel and cube as much as you need. Cover the rest with plastic (cling film) and it will keep several days in the fridge, when you can repeat the recipe with the remainder. Alternatively, cook all of it and then warm up the leftovers the next day by briefly frying them in butter.

A good butternut squash, like its name indicates, tastes slightly of butter and of nut. This recipe brings out both tastes.

About Squash:

Squash is native to North America and was unknown in Europe until it was imported from North America. Most recipes call for it to be baked or boiled, but a French friend taught me to fry it in butter and I find this is the best way to cook it.

I can't say that this is a traditional French recipe. However, it is too good to exclude simply because it isn't French, and I'll use the excuse that I learned the recipe in France.

Of all the squashes, my favourite is Butternut Squash. In the UK, this is also known as the "Crown Prince" squash. This recipe is intended for this squash; it may work for other squashes, but I make no promises as the different types of squash vary a lot in taste and texture.

Red Cabbage Recipe

Ingredients for 4 people:

- 4 pounds (2 kg) bottled or canned red cabbage
- 7 ounces (200 ml) ordinary red wine
- 1 tablespoon (15 ml) goose fat. If you cannot get goose fat, use half a tablespoon butter and half a tablespoon oil, but goose fat is better. In France and Germany one can buy it in all the larger food stores.
- 2 apples
- 4 bay leaves
- 6 cloves



Preparation Time: 20 Minutes

Cooking Time: 6 hours

Recipe:

- Put all the ingredients, except for the apples, into a pot.
- Peel and core the apples. Cut the flesh of the apple into small pieces (half an inch square) and add to the pot.
- Put the pot on low heat (light simmer), so that the water in the pot evaporates. Leave the pot on low heat, stirring occasionally (perhaps every half hour) until almost all the liquid is evaporated.
- When the liquid is almost completely evaporated, turn the heat off and allow to cool. If you've started this in the morning, you can allow to cool during the afternoon. If you've started in the evening, you can allow to cool over night.
- After the pot contents have completely cooled, put the pot back on low heat and continue evaporation until there is no liquid at the bottom of the pot. During this time, the red cabbage will have turned from a pale pink to a dark purple.

Notes:

This is the best recipe I've found for red cabbage, and it is far tastier than the other versions I've had (both in home-cooked meals and good restaurants). However, few people do it this traditional way due to the time it takes. The amount of work isn't much, but one does have to be around to stir occasionally to ensure that the cabbage at the bottom of the pan doesn't burn.

The secret of this recipe is the slow evaporation of all the excess liquid. During this period, the various ingredients slowly combine into a delicious feast.

One of the advantages of this recipe is that it keeps very well. You can prepare everything a day in advance. If you've made too much for one meal, you can also warm it up and it will still taste great the next day.

Before serving, you may wish to remove the bay leaves so that you guests won't have to pick them out.

About this recipe:

The recipes on this site are intended to be easy, and for the most part they are. However, there are a few recipes which are less easy but are still included as they are exceptionally good. This is one such recipe. Therefore, **be warned**, this recipe is time consuming to make and the ingredients may be difficult to find.

The recipe is from the Alsace region of France, which is famous throughout France for their sauerkraut (picked white cabbage), and is also known for a number of other Germanic type dishes (of which this is one). The reason for Alsace having many Germanic dishes is that for much of its history it was in fact part of Germany.

Spaetzle Recipe

Ingredients for 4 people:

- 10 eggs
- 1 lb. of flour (half a kilogram)
- Salt to taste (approx. ½ teaspoon)





Preparation Time: 40 Minutes

Cooking Time: 20 minutes

Recipe:

- Place flour in mixing bowl. Add salt and eggs and mix. Depending on size of eggs you may want to add another egg(s) or flour until a fairly consistent batter is produced (must not drip from spoon nor stick to spoon but sort of fall off in chunks).
- Boil water in a big pot. Using a Spaetzle Maker, let the noodle like batter fall into the boiling water. Once you've put enough batter/dough into the water to cover the surface, let it cook for 1 minute and then remove with a sieve or perforated spoon. Rinse it under cold water until the cooked Spaetzle is cool. Then repeat the procedure until you've used up all your batter/dough.
- Finally, place the cooked Spaetzle into a frying pan with butter and reheat. For extra taste, add some grated Parmesan and fry until the Spaetzle has a slightly golden colour – delicious!

Notes:

If you don't have a Spaetzle maker, you can try cutting the dough into small pieces with a knife or spoon, then dropping it into the boiling water. However, there are many on-line stores selling Spaetzle makers and they are well worth the investment in terms of saving time and giving a consistent result.

Spaetzle is originally from the south-west of Germany. However, many German dishes are found in Alsace as well, so I can just claim that this is also a French recipe.

Spaetzle goes very well with many German/Alsace dishes. It also goes very well with Boeuf Bourguignon (from Burgundy, France) and Gulash. It is often used

instead of potatoes or noodles, serving the same function but with more taste and elegance.

This recipe is from my German wife, who grew up in the South-West of Germany. It doesn't get more authentic than this! Some people suggest using water (or even milk) when making the batter. This is not necessary authentic, and I feel subtracts from the taste. However, if you want to save on eggs (and associated cholesterol) one can do this.

Sauces

Sauce Hollandaise recipe



Ingredients:

- 4.5 ounces (125 g) butter
- 1 egg
- 1 lemon
- Salt and pepper (small amount, according to taste)

Preparation Time: 5 Minutes

Cooking Time: 10 Minutes

Recipe:

- Separate the egg yolk from the egg white.
- Squeeze the juice from half a lemon or a whole lemon (depending on taste)
- Mix the egg yolk, lemon juice, a tablespoon of water, salt and pepper
- Heat the mixture over low to medium heat. Add the butter a small slice at a time, constantly stirring it in. As each slice melts, add another slice until all the butter is melted and mixed in.

Notes:

- Sauce Hollandaise is used as a sauce for asparagus (it can also be used for other vegetables), fish and is used in Eggs Benedict.
- An authentic Sauce Hollandaise has a somewhat sour taste from the lemon. This offsets the richness of the butter. For a milder version, use half a lemon instead of a whole lemon.
- One can replace part of the butter by crème fraîche (soured cream) to produce a sauce which is lower in fat and less rich to the palate. Half the amount of butter and use an equal quantity of crème fraîche. The crème fraîche should be mixed in with the other ingredients and heated before adding the butter.
- For the history behind this recipe, click on **Sauce Hollandaise History**.

Cautions:

- Use only a moderate heat. If a high heat is used, the egg yolk will set (similar to scrambled egg).
- The butter must be added a small piece at a time, with constant stirring. Otherwise the sauce will not be smooth and even.
- Sauce Hollandaise does not keep. It loses its taste and if kept too long will go off (one must be careful with any food made from eggs).

History:

Most historians agree that the original Sauce Hollandaise recipe originated in Normandy (a region famous for its butter and use of butter in cooking) and was first known as Sauce Isigny, after the town of Isigny in Normandy. The recipe can be found in recipe books dating from the 1800s.

There are also claims that the recipe exists in recipe books from the 17th and 18th century, but closer examination of the ingredients and preparation calls this into question. For example, there is a recipe for "sauce a la hollandoise" in the 1758 edition of Marin's Dons de Comus. However, as this recipe includes flour, bouillon and herbs and does not include egg yolks, it can be argued that it is not the same recipe at all, merely sharing the same name. Likewise the recipe by Francois Pierre de La Varenne in Le Cuisinier Francois appears similar to Sauce Hollandaise but cannot be said to be the same.

At some point the recipe was renamed to Sauce Hollandaise (meaning either from Holland or Holland-style), although historians have different explanations for the recipe being renamed. One explanation is that during World War 1 little butter was produced in France and so it had to be imported from Holland, with the result that the recipe was renamed to reflect the source of the butter. Another is that Holland is well known for the quality of its butter, so the name is based on this. Unfortunately, despite general agreement that this is a French recipe, there does not seem to be a definitive answer for the reference to Holland.

There are a number of variations on the Sauce Hollandaise recipe, differing mainly in the ratio of ingredients (how much butter to how much egg yolks, etc.). There are also a number of recipes similar to Sauce Hollandaise but including additional ingredients (e.g. spices).

Tomato Sauce recipe

(French: Sauce aux Tomates)

Ingredients:

- 7 ounces (200ml) Crème Fraîche (soured cream)
- 1 small can tomatoes (about 1 pound or 400g)
- 2 ounces (50g) butter
- 2 ounces (70ml) tomato paste (also known as tomato concentrate)
- Pepper (small amount, to taste)



Preparation Time: 3 Minutes

Cooking Time: 10 Minutes

Recipe:

- Put all the ingredients into a pot. Do NOT drain the tomatoes; add the entire can (juice and all) to the pot.
- Warm over medium heat, while stirring the ingredients together. If the tomatoes are whole tomatoes rather than chopped tomatoes, break them up into smaller pieces as you stir.
- The sauce is ready once the ingredients are mixed and warm

Notes:

This is a quick recipe shown to me by a French friend. At first I wasn't going to post it as it uses canned rather than fresh ingredients. However, it does taste quite good and is ready in 10 minutes, so I'll make an exception and include it. After all, even gourmets like a quick and easy meal once and a while.

This sauce could be used with a variety of main dishes. For example, stuffed peppers or spaghetti in tomato sauce.

Normally my recipes call for pepper and salt. However, as this recipe is using canned ingredients, which normally have salt already added, adding additional salt may be too much.

Desserts

Chocolate Mousse (Mousse au Chocolat)



"Mousse" is the French word for "foam", while "Chocolat" is of course French for "chocolate". Consequently, "Mousse au chocolat" translates as "foamy chocolate", and is one of a number of foamy desserts. Due to the popularity of this recipe, we have three different recipes (click on any of the following):

- Our most popular recipe is **Favourite Chocolate Mousse (Mousse au Chocolat) Recipe**, which gives a light taste and airy texture.
- For choco-holics looking for the extreme chocolate taste, we also offer **Intense Chocolate Mousse (Mousse au Chocolate) Recipe**.
- If you prefer a recipe which doesn't include eggs, please try **Eggless & Easy Chocolate Mouse Recipe**. This is not only egg-less, it is also our quickest and easiest Mousse au Chocolate recipe.

We suggest reading **Guidelines to Making Chocolate Mousse** before using these recipes. In these guidelines we discuss the common mistakes when making Chocolate Mousse and how to avoid them.

If you would like to become an expert on making Chocolate Mousse, including popular variations on the above recipes, click on **Chocolate Mousse History and Variations**.

Crème Brûlée Recipe



<i>Crème Brûlée</i>	<i>Crème Brûlée</i>
<u><i>Ingredients for 6 People :</i></u> - 8 egg yolks - 80 g (1/3 cup) sugar; for the initial mixture - 500 ml (2 cups) heavy cream - 6 ml (1 teaspoon) of vanilla extract - 60 g (1/2 cup) sugar; for the caramel at the end	
<i>Preparation Time: 25 Minutes</i>	<i>Cooking Time: 60 Minutes</i>
<u><i>Main Course Recipe:</i></u> - Preheat oven to 150°C (300°F) - Put the egg yolks and sugar into a large bowl. Mix (or whisk) until the sugar is completely dissolved. At this point, the mixture	

should be thick and pale yellow.

- Add the cream and vanilla extract to the bowl and mix them in thoroughly.*
- Strain the mixture into a bowl. The strainer will remove any clumps in the mixture. Use a spoon to skim off any foam or bubbles.*
- Divide the mixture among 6 ramekins (see note on ramekins below).*
- Place the ramekins in a large pan and add water to the pan. The water should be about half the height of the ramekin. Make sure that you don't spin any water into the ramekins. Some people put hot water (e.g. heat some up in a hot water kettle) into the pan instead of cold water. This shortens the cooking time and in some cases (depending on your ramekin) gives a more even finish.*
- Put the pan in the preheated oven until the custard is set at the edges of the ramekins but still loose in the centre. In other words, the custard should be firm at the edge of the ramekins, but like jello in the centre. This will take about 50-60 minutes, with the exact time depending on the shape and size of the ramekins.*
- Remove from the oven. Take the ramekins out of the pan and allow them to cool for at least 2 hours.*
- When ready to serve, sprinkle the remaining sugar over the tops of each custard (the sugar should be divided evenly among the 6 ramekins).*
- Melt the sugar until it starts to caramelize (the sugar turns brown, but not black). This is best done with a small hand-held torch. If you don't have a torch, put them under the oven grill until the sugar caramelises.*
- Put the ramekins back into the fridge for a few minutes before serving, to allow them to cool.*

Preparing in advance:

- This dish can be prepared in advance and stored for up to 2 days in a refrigerator. In this case, complete all the steps except for adding the sugar to the top and caramelising it; which should be done just before serving. This last step cannot be done in advance, as the moisture in the custard will be absorbed by the sugar, which will then go soft. This is undesirable, as part of the enjoyment of this dessert is the contrast between the hard sugar and the soft cream underneath.*

- If storing in the fridge, after cooking allow the ramekins to cool outside and once cool cover with cling film (plastic film) to keep fresh. Then put in the refrigerator. Of course, remove the film when you are ready to add the caramelise sugar and serve.
- Traditionally, this dish is served at room temperature. Consequently, if you are making it on the day you are serving, allow a couple of hours for it to cool from the oven. Alternatively, if you have prepared it a day or two in advance, remove it from the refrigerator before you sit down to eat, so that it will have time to warm up before desert time. If it happens to be a bit too warm or too cold, don't worry as it will still taste good.

History and Notes:

- Crème Brûlée is French for "Burnt Cream". In fact, neither the cream itself nor the sugar on top are "burnt", although both are cooked.
- Although a torch is now the standard tool for caramelising the sugar, or failing that an oven grill, at the time Crème Brûlée was first created neither existed. Instead, a small round iron was heated and then placed on top to caramelise the sugar (historical note: this iron was known as a "salamander"). This is a less controlled method than a torch or grill, so it is likely that some of the cream or sugar on the top was burnt instead of being merely caramelised. Perhaps this is where the "burnt" part of the name comes in. In any case, the term "Brûlée" is used by the French for a variety of different desserts which are topped with caramelised sugar.
- Various countries claim to have invented this recipe, including the French, Spanish and British. In the UK, it is claimed by some that the dish was invented in Trinity College in Cambridge. However, perhaps the earliest known reference was France in the 1691 release of Massialot's cookbook. In any case, there is a strong argument that the recipe was created in France. It is also true that the recipe is more popular in France than anywhere else, being a standard dessert offering in many French restaurants.
- This recipe is typically cooked in a small ceramic dish, known as a ramekin. A ramekin is defined as: "a small dish, often white in colour, typically preferred for the preparation and serving of various baked recipes". If you do not have ramekins, other small oven dishes can be used instead. However, a small and shallow ceramic dish is generally most suitable for two reasons: it allows an even cooking of the cream which results in a smooth texture; it provides individual sized portions. Following is a picture, courtesy of Wikipedia.



- Crème Brûlée is actually fairly easy to prepare. The only tricky thing is to judge when it is cooked enough. The exact cooking time depends on the size and shape of your ramekins. Once you've made the recipe successfully, simply note the cooking time you've used and always use the same in future.

- If you are making this recipe for the first time and are unsure how long to cook it for, simply cook for 50 minutes and then check every 10 minutes until done. A good trick for checking when it is cooked is to stick a toothpick in the centre; if it comes out clean (or with crumbs on it) then cooking is complete. If it comes out wet then cook another 10 minutes and check again. Don't overcook as the texture will become too firm rather than creamy.

Crêpe Recipes and History



What is a crêpe?

A crêpe is a very thin pancake; so if you can make pancakes, you can make crêpes. The main difference (aside from thickness) is that one normally adds ingredients to the top of a pancake (e.g. butter, sugar, or maple syrup) but with crêpes one places the ingredients to be added in the centre of the crêpe and then either roll up the crêpe or fold it into a packet.

Crêpe Recipes

There are two types of crêpe recipes: those for the crêpe itself (the pancake) and those for the filling that goes in or on the crêpe.

In terms of the crêpe pancake itself, there are 3 approaches:

- One can buy ready made crêpes, or
- One can buy the mix and make the crêpes. The ready-made mix can either be based on white flour (in France this would go by the name "Préparation pour crêpes"), or it can be based on buckwheat (in France this would go by the name Préparation pour crêpes as Sarrasin"). Personally I prefer the former as more refined, but for those who like a more rustic taste the latter is also popular.
- One can make the crêpes from scratch. A recipe for this is **Crêpe Recipe**.

In terms of the crêpe filling/sauce, the most well known and popular recipe is:

- **Crêpes Suzette**

Favourite variations of this are:

- **Crêpes Suzette à la mode**
- **Crêpes Suzette - Isabella**

Types of crêpes

In terms of crêpe recipes, there are two sets of ingredients:

- Ingredients used in making the crêpe (pancake) itself. For example, one can use refined flour or whole wheat flour. However, there are only a few variations, so after you've learned two or three recipes you've mastered this aspect of crêpe making.
- Ingredients placed on top of the crêpe, before rolling or folding it up. In other words, crêpe fillings. Here there are dozens of different possibilities. They fall into two general categories: sweet ingredients (which are used to make dessert crêpes) and non-sweet ingredients (which are used to make snacks or meals).

Common fillings for dessert crêpes include: sugar and lemon juice, jam, melted chocolate, ice cream, nutella (a chocolate and nut pastes), various soft fruits. In the case of fruit fillings, cinnamon is sometimes added as well. It is also very common to have a filling of sugar plus a liquor (e.g. sugar and Grand Marnier).

If the crêpe is to be served as the main meal rather than a dessert, the fillings are more substantial. For example: cheese (usually grated), ham, eggs, mushrooms, asparagus, or meats. In this case, the main meal would typically consist of two or three crêpes.

Crêpes are also often served as a snack or as fast food. For example, just as one might find a hotdog or hamburger stand on the streets of USA cities, one will often see a small crêpe stand on the sidewalk of Paris or other French cities. There one can order a variety of dessert or non-dessert crêpes, which are prepared on the spot. Similarly, at the larger fairs or markets, one might find crêpes for sale.

How to Make Crêpes

Making a crêpe consists of three steps:

- **Make the Batter.** One makes a batter, which is similar to that of a North American pancake batter. The difference is that pancakes are fairly thick (about a centimeter) but crêpes are quite thin, so the batter for a crêpe is not as heavy as for a pancake because it must be thinly spread.
- **Cook.** One then fries the batter to cook it, in much the same way as one cooks pancakes. This can be done in a frying pan (a heavy pan, such as an iron skillet is preferable). However, it is much easier if one uses a **Crêpe Maker**, as it can be difficult to make the crêpes sufficiently thin if using an ordinary frying pan.
- **Add Ingredients.** Once the crêpe is cooked, remove and put it on a plate. Then add the ingredients to the centre of the crêpe and either roll the crêpe up or fold it over. It is now ready to serve.

With a frying pan or Crêpe Maker, one can only make one standard-sized crêpe at a time. So if you need more than a few crêpes, you may want to make them in advance (an hour before or even the day before) and then simply reheat them before serving.

Crêpe Maker

If you find making crêpes in a frying pan difficult (I do), then you may want to consider a **Crêpe Maker**. Having tried both methods, I'm a firm believer in the latter.

Tarte Tatin Recipes and History



"Tarte Tatin" is like an apple pie, but without the bottom crust. Alternatively, it is an upside-down apple tart. Depends on how you look at it.

The Tarte Tatin recipe is attributed to Stephanie Tatin, who was the chef in the family-run 'Hotel Tatin'. She created the recipe in 1889, although the story goes that it was created by accident, but proved so popular that she continued to make it.

We offer two versions of this recipe:

- **Tarte Tatin Recipe 1** - This uses cinnamon and is baked entirely in the oven.
- **Tarte Tatin Recipe 2** - This is first cooked on the stove, then finished in the oven.

Recipe 1 is slightly quicker and easier. Recipe 2 is a bit more work as cooking is done in two stages. However, the advantage of recipe 2 is that you can check that the sugar is properly caramelising (this is the only tricky bit of the recipe), so you can make sure that there are no problems.

Although a traditional Tarte Tatin is made with apples, the same recipe is now used with other fruits (e.g. pears, or bananas). I suggest you try the traditional approach first, then if you would like some variety simply change the fruit.

Liquors

How to Make Liquors



Unlike wine, home-made liquors are extremely easy to make. They also do not need any of the special equipment or skill associated with making wine or beer. If you can make mashed potatoes, you can easily make a good liquor. To learn how, click on:

How to make Liquors

Equipment Required for Liquors

Liquors: Top Tips

Liqueurs - How to Make

Home-made liqueurs are very popular in France. Unlike wine, liqueurs can be easily and quickly made by amateurs without any special equipment or expertise. Following a simple recipe, you can make a liqueur which is not only as good as the liqueurs available in a store, but in fact is usually much better.

During the summer, one can take advantage of the fresh fruit to make liqueurs of exceptional taste and fruity aromas. There are many different recipes, but most have only a few ingredients and steps, following this general outline:

- Place fruit in a jar
- Add sugar
- Add alcohol
- Leave for a few weeks or months for the alcohol to absorb the fruit taste and aromas
- Filter and bottle
- Leave for a few months to mature. It is then ready to drink, but can also be kept for several years.

This is of course just an outline. The amount of each ingredient and the time required to mature varies depending on the type of fruit and the individual recipe. A selection of recipes are provided in the menu above (under **Liquors**).

Equipment to make Liquors

Standard Equipment

One needs very little equipment for making liquors, and most or all of this is available in the average kitchen. For most recipes, one needs only:

- Measuring cup (to measure the amount of liquids, depending on the recipe)
- Knife and cutting board (for recipes that have ingredients to be cut up)
- One or more glass containers for the liquor to mature in
- A common kitchen strainer (preferably small) to filter the matured liquor before bottling.
- Cloth or cotton for filtering (see **tip 2** at **Liquors: Top Tips**).
- Final bottles and stoppers

Most of this will be found in any kitchen. So the following will consider the less common items.

Glass Container



The first item is the glass container for the liquor to mature in. Most liquor recipes require that the ingredients be stored in a glass container and left for some weeks or months to mature. In particular, recipes based on fruit require this time for the flavour to become infused into the alcohol. Any clean air-tight glass container of the appropriate size will do. We find that there are two types which are most useful:

- If you are making a small amount of a liquor, a relatively small glass container of 1 or 2 liters (1 or 2 quarts) is ideal. It so happens that we eat a lot of pickles and our favourite pickles come in 1.5 litre jars. So (after eating the pickles) we thoroughly wash out the jar and lid and use that. I mention this to illustrate that you don't need anything special and don't need to spend money on glass containers. If you do home-made jam or marmalade, these jars are also very good. The key requirements are that the jar is clean, glass and has an air-tight seal.
- For larger quantities of liquor (typically wine based) a larger container of 10, 15 or 20 liters (10, 15 or 20 quarts) is more suitable. One can usually get one of these for 15 or 20 euros (15 or 20 dollars or pounds) as a store selling wine-making equipment. These can be purchased either with a small mouth or a large mouth. I find that the ones with a wide mouth are more practical for recipes that have coarse-cut ingredients (e.g. quarters of an orange) as it is easier to add and remove ingredients and also easier to clean afterwards (one can fit a hand with a dish pad into the bottle).

When adding the liquor to the glass container, one should try to ensure that there is not a large volume of air, as this results in the liquor being of inferior quality (due to oxidation). Therefore, if your glass container is too large, either use a smaller container or increase the quantity of ingredients. For example, if the recipe has one litre of ingredients and you have a 1.5 litre glass, either multiply all the ingredients by 1.5 so that it will fill the glass, or find a smaller glass.

Cotton Pads

After maturing the liquor, most recipes require that it be filtered prior to final bottling. As described in **Liquors: Top Tips**, cotton pads are best for this. They can be purchased in most pharmacies (or chemists, as they are known in the UK), and in many of the larger general stores.

Final Bottles and Stoppers



After maturing the liquor, one normally puts it into bottles for storage (or, depending on the recipe, additional maturation). Any air-tight glass bottle will do for this purpose. I personally prefer to use half-bottles (375 ml bottles, known as half-bottles as they are half the standard size for a wine bottle) and reusable cork stoppers. Both can be found in most wine equipment stores. The reason I prefer these include:

- A nicely-shaped half-bottle, especially if it has an attractive label, makes a very nice present. As one should emphasize the quality and effort of a home-made liquor, I believe that a smaller bottle conveys this message better than a large one. Also, it means that one can get about 3 presents out of a single liter of liquor.
- Liquors are normally drunk slowly and in small quantities. Thus, while one may finish off a standard bottle of wine in an evening, it may take weeks to finish off a bottle of liquor. Consequently, a smaller bottle (half-bottle) is more suitable.
- For much the same reason, a re-useable cork is practical as one can simply twist it out and when finished pouring the drinks push it back in.

Top Tips for Making Liquors

Top Tip 1: Not difficult

Our first tip is that making liquors is not difficult (see **home-made liquors**). If you can make Lemonade, you can make liquors. However, here are some suggestions to make it even easier:

Top Tip 2: Filtering

When your liquor is ready to be bottled, you will first need to filter it. Most older recipe books advise use of a cloth or a dishtowel. Some of the newer ones advise use of coffee filters or other such items.



In our experience, all such advice is bad. Ignore it. The easiest method by far is to take a standard kitchen drainer and line it with cotton pads. Simply pour the liquid to be filtered into the lined drainer and you will be done in minutes.

If you are filtering a large volume of liquid, the cotton pads may become clogged and the liquid no longer drain through. Stop pouring, allow the remaining liquid to drain, gently press on the cotton pads to release any liquid remaining, through the pads away and put into another layer of cotton pads. Then continue filtering the liquid.

Having made many liquors, this is really our number 1 tip. The most time-consuming part of making most liquors is filtering and this approach can shorten

the task from over an hour to a matter of minutes. We used all the traditional approaches for years, experimenting until we found this approach. Items such as dishcloths and coffee filters quickly become blocked and then drain extremely slowly. Cotton pads combine a coarse weave with a thick structure, so they are as effective as cloth (or coffee filters) at filtering, without easily becoming blocked. Also, one can simply throw the cotton away after (it isn't expensive and you don't need much) rather than being left with a pile of fruit-stained dirty cloths.

Top Tip 3: Sterile

Liquors should be produced and stored in bottles which are sterile, with an air-tight seal. There are a number of ways to make the bottles sterile, including:

- **Boil**: Put the bottle and bottle top in a pot of water. Ensure that the bottle is filled with water so that it is submerged rather than floating. Bring to a boil and leave it boiling for several minutes.
- **Bake**: Put the bottle and bottle top in the oven and bake it for several minutes. I personally don't like this method for two reasons. One is that there is a greater risk of the bottle breaking due to thermal shock, the other is that many bottle top lids have a plastic coating, which will melt in the oven. However, some people prefer this method as it is faster than boiling for large number of bottles.

In my personal experience, while it is important for the bottle and bottle top to be clean, I find that the alcohol kills almost all bacteria so being sterile is not that essential to making liquors.

Top Tip 4: Air-tight lid

Liquors should be kept in a bottle with a air-tight lid. Otherwise, air can move in and out of the bottle, reacting with the liquor as it does so (the main reaction is known as oxidization). In a short time, this will destroy the taste of the liquor and eventually make it completely undrinkable. It will also allow the alcohol to evaporate, which not only affects the taste, but also allows bacteria and fungus to enter as the main protective ingredient of a liquor is the alcohol.



A number of recipes require that the liquor be stored in a glass container for a number of weeks or months before bottling. Both this container, and the bottles in which the liquor is eventually put, must have an air-tight seal.

An air-tight lid is critical. If the lid does not fit well, it is certain that the liquor will go off, wasting your time and ingredients.

Apricot Kernel Liquor

(French: Liqueur de Noyaux D'Abricot)



Ingredients for approximately 1 litre (1 quart):

- 100 *Apricot kernels*
- 1 litre (1 quart) of fruit alcohol, 40° strength
- 600 g of sugar (1.3 pounds)
- 100 ml cognac (3.5 fluid ounces)
- 1 glass jar 1.5 litres (1.5 quarts). Jar should be sterile (clean).

Preparation Time: 10 + 30 Minutes

Maturing Time: 5 Months

Recipe:

- Remove the kernels (pits) from 100 apricots (the apricot flesh can be used in a cake, jam, or desserts)
- Place the kernels in the jar. Do NOT wash or clean the pits.
- Add the alcohol and sugar
- Leave the jar in the sun for 3 to 4 months
- After this filter the liquor (to remove any particles and sediment). Add the cognac to the liquor and then bottle
- Leave for another 2 months, for the liquor to mature. It is now ready to drink.

Notes:

Apricots are available from June/July, so if you use this recipe at the beginning of the apricot season, the liquor will be ready for Christmas and New Year celebrations. It should also keep well in the bottle for some years.

The recipe calls for fruit alcohol at 40° strength. However, if the only bottles conveniently available are slightly more or less than this (e.g. 35° or 45°), this is quite acceptable as well.

Cassis Liquor

(French: Crème de Cassis)



Ingredients for approximately 2 liters (2 quarts):

- approx. 2 kg Black Currant berries (Cassis berries if possible)
- approx. 1.5 litre of alcohol 45° (d'eau de vie)
- 1 kg of sugar
- 1 glass jar 4 litre (4 quarts) or two 2-liter jars (2 2-quart jars). Jar should be sterile (clean)

Preparation Time: 30 + 30 Minutes

Maturing Time: 6 weeks

Recipe:

- Strip berries from stems (do not wash the berries!)
- Put the berries into the jar
- Add alcohol until the berries are covered and close jar (the top should be air-tight)
- Leave the jar in the sun for 6 weeks
- After this filter the juice through some cotton
- For approx. 1.4 l of syrup mix 1 kg of sugar into 400 ml of water and bring to a boil
- Leave it to boil until the syrup water has become completely clear and little bubbles are rising to the top
- Let the syrup cool down completely
- Mix the two: 400 ml of syrup to 1 l of cassis juice
- Fill the Crème de Cassis into small bottles and close with a cork
- The Crème de Cassis is ready to be mixed with wine or champagne after another 2 months

Notes:

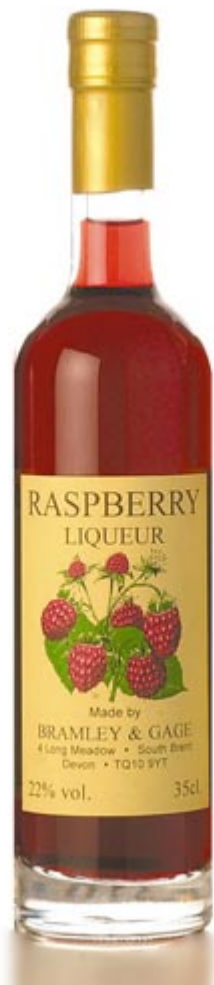
If you have syrup left over, mix with lemon juice, bring to a boil and bottle. This is a marvellous and refreshing syrup drink for children and adults alike.

Crème de Cassis is typically mixed with white wine or champagne to make a delicious aperitif, click on **Kir Recipe** or **Kir Royal Recipe**.

For tips on making Liquors see **How to make Liqueurs**, **Equipment Required for Liquors**, and **Liquors: Top Tips**.

Raspberry Liquor

(French: Crème de Framboise)



Ingredients for approximately 2 liters (2 quarts):

- approx. 2 kg Raspberries
- approx. 1.5 litre of alcohol 45° (d'eau de vie)
- 1 kg of sugar
- 1 glass jar 4 litre (4 quarts) or two 2-liter jars (2 2-quart jars). Jar should be sterile (clean)

Preparation Time: 10 + 30 Minutes

Maturing Time: 6 weeks

Recipe:

- Put the unwashed berries into the jar
- Add alcohol until the berries are covered and close jar (the top should be air-tight)

- Leave the jar in the sun for 6 weeks
- After this filter the juice through some cotton
- For approx. 1.4 l of syrup mix 1 kg of sugar into 400 ml of water and bring to a boil
- Leave it to boil until the syrup water has become completely clear and little bubbles are rising to the top
- Let the syrup cool down completely
- Mix the two: 400 ml of syrup to 1 l of raspberry juice
- Fill the Crème de Framboise into small bottles and close with a cork
- The Crème de Raspberry is ready to be mixed with wine or champagne after another 2 months

Notes:

If you have syrup left over, mix with lemon juice, bring to a boil and bottle. This is a marvellous and refreshing syrup drink for children and adults alike.

Peach Liquor

(French: Crème de Pêche)



Ingredients for approximately 5 liters (5 quarts):

- 1 litre freshly pressed peach juice
- 2 litre of alcohol 45° (d'eau de vie)
- 1 kg of sugar
- 1 vanilla pod
- 1 glass jar 4 litre (4 quarts) or two 2-liter jars (2 2-quart jars). Jar should be sterile (clean).

Preparation Time: 30 + 30 Minutes

Maturing Time: 6 weeks

Recipe:

- Remove the pits from the peaches
- Cut peaches into cubes and extract the juice (1 litre)
- Mix the juice with 2 litre of alcohol in the jar, add the vanilla pod, and close jar (the top should be air-tight)
- Leave the jar in the sun for 6 weeks
- After this filter the juice through some cotton
- For approx. 1.4 l of syrup mix 1 kg of sugar into 400 ml of water and bring to a boil
- Leave it to boil until the syrup water has become completely clear and little bubbles are rising to the top
- Let the syrup cool down completely
- Mix the two: 400 ml of syrup to 1 l of peach juice
- Fill the Crème de Peche into small bottles and close with a cork
- The Crème de Peche is ready to be mixed with wine or champagne after another 2 months

Notes:

If you have syrup left over, mix with lemon juice, bring to a boil and bottle. This is a marvellous and refreshing syrup drink for children and adults alike.

Walnut Liquor

(French: Vin de Noix)



Ingredients for approximately 4 liters (4 quarts):

- 3.5 liters of red wine
- 1 kg. of sugar
- 0.5 liters of fruit alcohol
- 1 orange
- 12 green walnuts

Preparation Time: 30 Minutes

Maturing Time: 6 weeks

Recipe:

- Cut the nuts into pieces.
- Wash the orange and cut it (with peel) into pieces.
- Put all the ingredients into a large jar.
- Leave for 6 weeks, shaking or swirling the jar daily.
- Filter and bottle the juice.

Notes:

To make larger or smaller quantities, one can multiply or divide the ingredients. I happen to have a 15 liter jar, so I multiply all the ingredients by 3 to provide a good fit.

Fruit alcohol is widely available in most large food stores (supermarkets). It is a clear alcohol without much taste, which enables it to absorb the taste of the fruit. There are several different brands in France, but they all come in a 1 liter bottle with a simple label along the lines of "Alcool pour fruits". They are available in the alcohol section of the store and typically have 36% or 40% alcohol.

Since the recipe includes the peel of the orange, my personal preference is to try to use an organic orange (to avoid traces of pesticides).

If you don't have a walnut tree, you can try the local forest or ask a neighbour. The walnuts should be green on the outside (typically around the end of June).

I can never remember to shake the jar daily. I'm doing well if I remember once a week. However, having following this recipe several times and always had a good result, this step doesn't seem to important. I've also left the mixture for far longer than 40 days (up to a year) with no problem, so it seems 40 days is a minimum but it is OK to leave it longer.

After the juice is bottled, the taste improves if one leaves it for several months before drinking. One should store it in the same place as ordinary wine is kept, as the ideal storage conditions for Vin de Noix are the same as for ordinary wine. I find it keeps well for several years.

Aperitifs

An aperitif can be straight from the bottle (e.g. a liquor) or can be mixed (e.g. a Kir). As the former doesn't involve a recipe, this section is mainly concerned with the latter.

The main ingredients for aperitifs are: **Wine, Champagne, Liquors**. In addition, aperitifs may contain fruits or other ingredients (e.g. the olive in a Martini) to add flavour and visual appeal.

Check the drop down menu above for a list of our aperitif recipes. The most famous aperitif is Kir; which is part of our selection.

Kir recipe



Ingredients for 1 Kir:

- Cassis (1-2 tablespoons or 15-30 ml)
- White wine (about 6 ounces or 150 ml)
- Wine Glass

Preparation Time: 1 Minute

Cooking Time: 0 Minutes

Aperitif Recipe:

- Pour the Cassis into the wine glass
- Add the white wine
- Serve

If the Cassis is added first, it is evenly mixed with the wine. If the wine is added first, the Cassis is not evenly mixed (due to the smaller volume of Cassis relative to the wine). The former approach gives a more even taste and is preferable from that perspective whereas the latter approach gives a more pleasing appearance with the uneven mixing of the Cassis resulting in a fine pink at the bottom of the glass shading up to a bright red at the top.

The wine should be a dry white and is traditionally a dry white Burgundy. One should use a good wine but not a fine one (as the delicate shadings of a fine wine will be lost in the strong flavour of the Cassis). It should not have a strong taste (one reason for using a typical Burgundy) as one wants the aperitif to reflect the taste of the Cassis.

The ratio of Cassis to wine depends on personal preference. See below for discussion.

Notes:

One can serve Kir in either a standard wine glass or a flute (champagne glass). In France, a standard wine glass is always used for Kir, with the flute being reserved for Kir Royal.

The official recipe for Kir calls for one-third Cassis and two-thirds wine. However, most people find that this is far too strong in terms of taste, sweetness and alcohol contents. A ration of one part of Cassis to 5 parts of wine is preferred by most people.

Kir and Cassis are both from France (see history below). In France the word "Cassis" means "blackcurrant". The liquor made from the blackcurrant berry is known in France as "crème de cassis". Outside France, "crème de cassis" is normally abbreviated to "cassis". Therefore, beware that if in France you ask for white wine with "cassis" you are likely to get a glass with some berries floating in it (if your bartender has a sense of humour).

*For a more elegant and refined drink, see **Kir Royal**.*

History:

Kir is named after Canon Félix Kir, priest and hero of the French resistance during World War II, and mayor of Dijon from 1945 to 1968. He was very fond of the local white wine mixed with Creme de Cassis (blackcurrant liquor). This fondness has been variously attributed to:

- His desire to promote local products (which he certainly was known for)
- The fact that local wine was often somewhat acidic, so the sweetness of the liquor would pleasantly offset this
- Or perhaps just because he liked to drink

Whatever the reason, it became the official aperitif at town hall receptions and gained increasing fame. Prior to this point the drink was simply known as "vin blanc cassis" (which translates as white wine with creme de cassis). However, during this period, it became widely known as Kir, the term which is now commonly used with France and world-wide.

The drink certainly seemed to agree with Canon Kir, as he was well into his nineties when he died in 1968. One might mention that blackcurrants have approximately seven times as much vitamin C as oranges (for comparable weights), much of which is reputedly preserved within the Creme de Cassis.

Kir Royal recipe



Ingredients for 1 Kir Royal:

- Cassis (1-2 tablespoons or 15-30 ml)
- Champagne (about 6 ounces or 150 ml)
- Flute or Champagne Glass

Preparation Time: 1 Minute

Cooking Time: 0 Minutes

Aperitif Recipe:

- Pour the Cassis into the wine glass
- Add the Champagne
- Serve

If the Cassis is added first, it is evenly mixed with the champagne. If the champagne is added first, the Cassis is not evenly mixed (due to the smaller volume of Cassis relative to the Champagne). The former approach gives a more even taste and is preferable from that perspective whereas the latter approach gives a more pleasing appearance with the uneven mixing of the Cassis resulting in a fine pink at the bottom of the glass shading up to a bright red at the top.

The ratio of Cassis to Champagne depends on personal preference. See below for discussion.

Notes:

There are two types of Kir. One is made with wine (and is simply known as "Kir") while the other is made with Champagne (and is known as "Kir Royal"). In France, a standard wine glass is always used for Kir, with the flute being reserved for Kir Royal.

Kir itself has a fascinating history, which is explained in the Kir recipe (click on **Kir**).

The official recipe for Kir Royal calls for one-third Cassis and two-thirds Champagne. However, most people find that this is far too strong in terms of taste, sweetness and alcohol contents. A ration of one part of Cassis to 5 parts of Champagne is preferred by most people.

For a simpler and less expensive drink, see **Kir**.

Mulled Wine recipe

(in French: Vin Chaud)



Ingredients for 6 glasses:

- 1 bottle red wine (750 ml)
- 2 ounces (60 g) brown sugar
- 1 teaspoon (6 ml) cloves
- 1 teaspoon (6 ml) ground nutmeg
- 1 cinnamon stick (if you don't have a stick, use 1 teaspoon ground cinnamon)
- 1 bay leaf

- Half an orange

Preparation Time: 5 Minute

Cooking Time: 10 Minutes

Recipe:

- Pour the wine into a medium-sized pot
- Squeeze the half orange to get the juice and add it to the wine
- Cut the remaining orange peel into slices and add it to the wine
- Add the remaining ingredients to the wine
- Heat the wine until it is warm / hot (depending on preference). However, on no account should it boil. Stir occasionally.
- Once warm/hot, serve immediately.

For a rustic drink, leave the lemon peel and other ingredients in. If your guests prefer a less rustic drink, the mulled wine can be strained to remove the bits (cloves, orange peel, etc.) before serving.

Notes:

There is no need to use a good wine for mulled wine. Heating the wine and adding the spices will change the taste so much that the subtle tastes of a fine wine would be completely lost in any case. So, any reasonably palatable wine that is not too expensive is suitable.

Some people prefer a strong-tasting rustic wine for mulled wine, others a lighter and more fruity wine. As this is a matter of personal taste, either is acceptable.

It is absolutely essential that the wine does not boil. It should be warm (it is not necessary to be overly hot), but if allowed to boil the taste will almost certainly be ruined.

The mulled wine can be served in either a glass or a mug. However, if it is hot (rather than warm), guests will probably prefer a mug. In any case, as this is a rustic drink, a fine wine glass would be inappropriate.

There are a huge number of different recipes for mulled wine. Although all add spices, some add only a little for taste whereas other recipes add so much one can taste almost nothing but the spice. Some add a couple spices, other a dozen or more different spices. Most add fruit. Many add sugar (or sweet equivalents, such as honey). Some add spirits (such as brandy) or liquors, producing a more alcoholic drink. Some even add tea (herbal or otherwise). Usually the wine is red, but some people use white. Feel free to change the ingredients to match your own preferences, as there is no "official" version of "mulled wine".

History:

The word "mulled" means heated and spiced. Various different drinks have traditionally been mulled: wine, cider, and mead are common examples. Today, mulled wine is the best known.

Mulled wine is an ancient drink (written recipes date back to Roman times) which has survived to modern times. It is known in many countries. In France it is known as "vin chaud" (hot wine), in Germany as "Glühwein" (glowing wine), in Italy as "vin brulé" (burnt wine), in Poland "Grzane Wino" (heated wine), in Slovakia "Varené vino" (boiled wine), in Hungary "Forralt bor" (boiled wine). The international popularity and long history of this drink is due to:

- It is an enjoyable drink and provides an alternative flavour to other drinks.
- Being warm, it is particularly enjoyable on a cold day (or evening). For this reason it is generally served in winter. Nowadays, it is mainly served around the Christmas period as a festive drink.
- In olden days, if wine had gone off, it could still be made into a palatable drink by heating it with spices and honey. Nowadays, an inferior wine can still be used to make a reasonable tasting mulled wine.

1-Pot: Fuss-Free Cassoulet



Yield > servings

Keys : Sausage Casseroles Beans Sausages Canadian Canada North American French France European Mediterranean

Ingredients :

1	tbl	Vegetable oil
1 / 2	lb	Kielbasa sausage, cubed
2	x	Onions, chopped
2	x	Garlic cloves, minced
2	x	Carrots, sliced
2	x	Celery stalks, chopped
1 / 2	tsp	Dried thyme
1 / 4	tsp	Pepper
		pn Cloves
19	oz	Canned tomatoes
3 / 4	cup	Chicken stock
1	x	Bay leaf
38	oz	Canned white pea beans, drained and rinsed

TOPPING

2	tbl	Butter
2	x	Garlic cloves, minced
2	cup	Fresh bread crumbs
2	tbl	Fresh parsley, chopped

Method :

- The traditional French dish takes days to prepare and contains a generous portion of high-fat meats. By using sausage only, preparation time, fat and calories are all cut down without sacrificing flavour.
- In large Dutch oven, heat oil over medium heat; cook sausage, onions, garlic, carrots, celery, thyme, pepper and cloves, stirring, for about 5 minutes or until onions are softened. Add tomatoes, breaking up with fork. Add chicken stock and bay leaf; bring to boil. Add beans; reduce heat and simmer for about 30 minutes or until slightly thickened. Discard bay leaf.
- [Can be prepared to this point, cooled, covered and refrigerated for up to 1 day. Or freeze for up to 1 week; thaw in refrigerator for up to 36 hours. Add 45 minutes to 1 hour to baking time.]
- Topping: In saucepan, melt butter over medium heat. Add garlic; cook for about 2 minutes or until softened. Stir in bread crumbs and chopped parsley; sprinkle over cassoulet. Bake in 350F 180C oven for about 30 minutes or until crusty and golden on top, bubbly and heated through.
- carbohydrate, very high source fibre, excellent source iron
- Kitchen

A La Recherche De L'orange Perdue

Yield > Servings

Keys : Beverages Drinks Citrus French France European Mediterranean

Ingredients :

3	oz	Rum, jamaican, dark
4 1/2	oz	Vermouth, dry, white
3/4	oz	Sweetened Lime Juice
1	x	Orange, quartered
1	x	Juice from lime
5	dsh	Orange Bitters
3/4	oz	Orange liqueur
6	x	Ice Cubes
1	tbl	Orange Marmalade

Method :

- Place all ingredients in jar of electric blender and blend 20 seconds.
- Strain through a sieve into a pitcher. Cover and refrigerate until serving time. Stir before serving, and pour into chilled cocktail glasses.

Ail Ou Echalotes Confits (Garlic or Shallots in Duck Fat)



Yield >

6

Servings

Keys : Sauce Gravy Game Meats Poultry Bird French France European Mediterranean

Ingredients :

12	x	Shallots
2	cup	Graisse de canard (rendered duck fat)
1	tsp	Quatre epices (5 spices)
1/4	tsp	Pepper, Black, ground

Method :

- 1. Peel the garlic and cut off any green sprouts within. If using shallots, cut off both ends before peeling. Heat the duck fat in a small saucepan over medium flame.
- 2. When the fat is warm, add the garlic or shallots, the quatre epices, and the ground pepper. Cook until they are soft, about 20 minutes for the garlic and 30 minutes for the shallots.
- 3. Remove them from the fat with a slotted spoon and cool on paper towels.
- If they are not used immediately, they can be refrigerated in a small container for several days. Do not cover them with fat.
- Yield - 6 servings as a garnish.
- [Original recipe from "Foie Gras, Magret And Other Good Food

Alexander Walters' "French Canadian

Chili"



Yield >

1

Servings

Keys : French France European Mediterranean Canadian Canada North American

Ingredients :

1	x	Clove garlic, minced
2	x	Onions, chopped
2	lb	Lean ground beef
2	x	: red, green and yellow peppers, chopped
1	x	Jalapeno pepper, seeded and chopped
1	ct	(10 oz) white mushrooms, chopped
5	x	Garden tomatoes, chopped
5	x	Plum tomatoes, chopped
2	can	(6 oz) tomato paste
2	can	(28 oz) stewed tomatoes
1	jar	, (16 oz) garden style tomato sauce
2	tbl	Dried oregano

Method :

- First, pour some vegetable oil a large skillet. Then add the garlic and onion, letting them saute until they're translucent. Then add the ground beef and brown it.
- Add all the peppers, jalapenos included, plus the mushrooms to the post, continue cooking the vegetables until they soften a bit (2-3 minutes). To a large pot, add all the canned tomato paste, the canned stewed tomatoes and the chopped fresh plum and garden tomatoes.
- Combine browned meat/peppers mixture with tomato mixture in large pot. Add the oregano, thyme, celery salt and pepper.
- Let entire mixture simmer for 20-25 minutes.
- After it's simmered, add the beans and simmer for another 15 to 20 minutes until the sauce is the consistency of a thick gravy.
- Alexander Walters is the handsomely sexy actor who plays Mark Kasnoff on CBS's, "As The World Turns." Originally from Toronto, Canada, Walters went to college in Montreal where, during a stint as a bartender, he was discovered by a modeling agent. His modeling career bought him to New York and the rest, as they say, is history!

2	tbl	Dried thyme
1	tbl	Celery salt
		Ground pepper

Amaretto French Toast, Bill's



Yield >

4

Keys : Breads Miscellaneous Tips Info Alcoholic French France European Mediterranean

Ingredients :

3	x	eggs beaten
1	cup	milk skim okay
4	tbl	dark brown sugar
1 / 2	tsp	cinnamon more to taste
1	dsh	salt optional
2	tbl	amaretto
4	slc	bread* thick slice

Method :

- *ABM Italian sliced thick works well.
- Beat eggs lightly; add other ingredients except bread and beat well.
- Soak bread slices in mixture and cook on grill or skillet. The brown sugar tends to caramelize which adds excellent flavor but be careful not to scorch. Good with bread cut into sticks.

Andouille-Chef Folse

Yield >

1

Servings

Keys : Basics Cajun Sausage French France European Mediterranean

Ingredients :

5	lb	Pork butt
1 / 2	lb	Pork fat
1 / 2	cup	Chopped garlic
1 / 4	cup	Cracked black pepper
2	tbl	Cayenne pepper
1	tbl	Dry thyme

Method :

- Andouille is the Cajun smoked sausage so famous nationally today.
- Made with pork butt, shank and a small amount of pork fat, this sausage is seasoned with salt, cracked black pepper and garlic. The andouille is then slowly smoked over pecan wood and sugar cane. True andouille is stuffed into the beef middle casing which makes the sausage approximately one and a half inches in diameter. When smoked, it becomes very dark to almost black in color. It is not uncommon for the Cajuns to smoke andouille for seven to eight hours at approximately 175 degrees. Traditionally, the andouilles from France were made from the large intestines and stomach of

4	tbl	Salt
6	x	Feet beef middle casing (see butcher or Specialty shop)

the pig, seasoned heavily and smoked. In parts of Germany, where some say andouille originated, the sausage was made with all remaining intestines and casings pulled through a larger casing, seasoned and smoked. It was served thinly sliced as an hors d'oeuvre. It is interesting to note that the finest andouille in France comes from the Brittany and Normandy areas. It is believed that over half of the Acadian exiles who came to Louisiana in 1755 were originally from these coastal regions. Cube pork butt into one and a half inch cubes. Using a meat grinder with four one quarter inch holes in the grinding plate, grind pork and pork fat. If you do not have a grinding plate this size, I suggest hand cutting pork butt into one quarter inch square pieces.

- Place ground pork in large mixing bowl and blend in all remaining ingredients. Once well blended, stuff meat into casings in one foot links, using the sausage attachment on your meat grinder. Tie both ends of the sausage securely using a heavy gauge twine. In your homestyle smoker, smoke andouille at 175-200 degrees F for approximately four to five hours using pecan or hickory wood. The andouille may then be frozen and used for seasoning gumbos, white or red beans, pastas or grilling as an hors d'oeuvre.

Apple-Cranberry-Currant Pie with French Topping



Yield >

10

Keys : Desserts Pies Berry Berries French France European Mediterranean

Ingredients :

1 / 4	cup	Brandy
1 / 4	cup	Currants

Method :

- In a small bowl, combine brandy and currants. Cover and let stand until currants are plump, at least 1 hour or up to 1 day.
- Sort cranberries and discard any that are bruised or decayed. Rinse and drain berries.

1 1/2	cup	fresh or thawed frozen cranberries
1 1/4	cup	granulated sugar - (about)
6	tbl	unbleached or regular all-purpose flour plus
1	cup	unbleached or regular all-purpose flour
1	tbl	grated orange peel
3/4	tsp	ground cinnamon
1/2	tsp	ground nutmeg
1/4	tsp	salt
6	cup	sliced peeled Granny Smith apples - (abt 2 1/4 lbs)
		Pie Pastry (see recipe)
		(10" pastry for a single-crust pie)
2/3	cup	brown sugar - (firmly packed)
1/2	cup	butter or margarine - (1/4

- In a large bowl, mix 1 1/4 cups granulated sugar, 6 tablespoons flour, orange peel, cinnamon, nutmeg, and salt. With a slotted spoon, lift currants from brandy; reserve brandy. Add currants, cranberries, and apples to sugar mixture and mix well. Taste and add more granulated sugar if desired. Pour filling into unbaked 10-inch pie pastry in pan. Drizzle evenly with reserved brandy.
- In another bowl, mix 1 cup flour and the brown sugar. Add butter and cut in with a pastry blender or rub with your fingers until mixture forms small lumps. Sprinkle topping evenly over filling. Set pie in a foil-lined 12-inch pizza pan or 10- by 15-inch baking pan.
- Bake on the bottom rack of a 375 degree oven until juices bubble around edges and through topping, 55 to 65 minutes. If pie browns too quickly (check after 30 minutes), cover loosely with foil.
- Set pie, uncovered, on a rack until cool to touch, 2 1/2 to 3 hours. Cut into wedges.
- This recipe yields 10 to 12 servings.
- Comments: Beth Secrest once baked four to eight pies a day at the Northern Lights Saloon on the border of Glacier National Park. Now she puts her baking expertise to use at home, where she created this dressed-up apple pie. If making it up to 1 day ahead, cover and chill. To warm the cold pie, bake uncovered in a 350 degrees oven 10 to 15 minutes.

Baked French Doughnuts



Yield >

14

Servings

Keys : Desserts French France European Mediterranean**Ingredients :**

5	tbl	Margarine
1 / 2	cup	Sugar
1	x	Egg
1 1 / 2	cup	Flour
2 1 / 4	tsp	Baking powder
1 / 4	tsp	Salt
1 / 2	tsp	Nutmeg
1 / 2	cup	Milk
TOPPING		
6	tbl	Margarine, melted
		Cinnamon-sugar mixture

Method :

- Cream margarine, sugar and mix well. Add egg and mix. Combine dry ingredients; add alternately with milk. Fill greased muffin tins half full and bake 20 to 25 minutes at 350 degrees.
- Remove doughnuts from pan immediately. Dip or toss in melted margarine, then to cinnamon-sugar mixture.
- Makes 14 doughnuts. To make 36 small doughnuts, use smaller tart tins and bake for 15 minutes.

Baked French Toast with Cardamom and Marmalade



Yield >

10

Keys : Breakfast Brunch Spices French France European Mediterranean**Ingredients :**

FRENCH TOAST		
1 1 / 4	cup	orange marmalade
10	slc	egg bread - (4" by 4" by 1"-thick)
1 1 / 4	cup	whole milk
3 / 4	cup	whipping cream
1 / 2	cup	sugar
3	lrg	egg yolks
3	lrg	eggs

Method :

- Make French Toast: Butter 15- by 10- by 2-inch glass baking dish. Spread marmalade evenly over 1 side of each bread slice. Cut slices diagonally in half, forming triangles. Arrange triangles crosswise in dish, marmalade-side up and overlapping slightly.
- Whisk milk and next 7 ingredients in large bowl. Pour custard over bread. Let bread stand 1 hour, basting occasionally, or cover and refrigerate overnight.
- Make Citrus Syrup: Mix first 5 ingredients in small bowl, stirring until sugar dissolves. Let stand at least 1 hour. (Can be made 1 day ahead. Cover and refrigerate.)
- Preheat oven to 350 degrees. Bake French toast, uncovered, until puffed and golden brown, about 50 minutes. Sprinkle with powdered sugar; serve with citrus syrup.
- This recipe yields 10 servings.

1	tsp	grated orange peel
1	tsp	grated lemon peel
CITRUS SYRUP		
1 1/4	cup	light corn syrup
3	tbl	fresh lemon juice
2	tbl	grated orange peel
1	tbl	grated lemon peel
4	tsp	sugar
		Powdered sugar for

- Comments: A nice dish for a brunch buffet.

Baked Ham and Swiss French Toast Casserole



Yield > 4 Servings

Keys : Breakfast Swiss Switzerland European French France Mediterranean

Ingredients :

1	cup	Ham, finely chopped
1	cup	Swiss cheese, grated
1/4	cup	Mayonnaise
1/2	tsp	Mustard, not grainy
8	slc	French bread
6	x	Eggs
1 1/4	cup	Milk, 2% lowfat

Method :

- The night before serving, combine the ham, cheese, mayonnaise and mustard; set aside. Lightly toast the bread in a toaster. Divide the ham mixture evenly over 4 slices of the bread. Top with the remaining 4 slices. Cut each sandwich diagonally into 4 triangles. In a well-greased 9-by-9 inch baking dish, stand each triangle upright on its outside edge, making 2 rows.
- In a mixing bowl, beat the eggs and the milk and pour the mixture over the triangles. Cover and refrigerate overnight.
- Next morning, preheat the oven to 325 degrees. Bake the casserole, uncovered, for 35 minutes, until set. Let the casserole stand about 5 to 10 minutes before serving. Slice between the sandwiches, and serve 3 or 4 triangles per

person.

Baker's Square French Silk Pie



Yield >

1

Servings

Keys : Pies Restaurants French France European Mediterranean

Ingredients :

9	x	" prepared pie crust
1	sm	Box instant choco pudding substitute buttermilk for milk
1	env	Knox gelatin
1 / 4	cup	Cold water
9	oz	Container cool whip
		Whipping cream, whipped
		Chocolate shavings

Method :

- Prepare small box instant pudding, using buttermilk instead of milk; set aside. Prepare 1 envelope Knox gelatine with 1/4 cup cold water. Use glass measuring cup to mix gelatine. Set mixture in a pot or pan of hot water, while still in the cup, to help dissolve gelatine. Gelatine is dissolved when mixture is clear. Wire whisk gelatine into pudding and fold in the 9oz. cool whip. Pour into prepared crust; chill. Apply whipping cream on top before serving. Garnish with chocolate shavings.

Banana French Toast with Chocolate Drizzle

Yield >

2

Keys : Tropical Fruits French France European Mediterranean

Ingredients :

4	x	egg
---	---	-----

Method :

- Preheat oven to 400 degrees F.
Whisk together eggs, cream, spices and orange zest.
- Slice bread in half horizontally without cutting all the way

2	cup	whipping cream
2	tsp	ground cinnamon
1	tsp	ground nutmeg
1 / 2	tsp	orange, zest
2	x	day-old white bread, 1-1/2 to 2" thick
1	lrg	banana, mashed
2	tbl	butter
3	tbl	semisweet chocolate

through the whole slice of bread. Stuff each pocket with half the mashed banana.

- Heat skillet over medium heat. Melt butter to cover bottom of pan.
- Dip bread slices into egg mixture, generously coating each piece.
- Place in the skillet and fry until browned. Flip over and brown other side. Remove from pan and place in oven for 10 minutes.
- Melt chocolate in a double boiler.
- Remove French toast from oven. Cut each piece of French toast on the diagonal and drizzle melted semisweet chocolate over them.
- Dust French toast with icing sugar and serve with orange slices as garnish or serve with a fruit salad of orange, pineapple and strawberry. Top with pomegranate seeds and mint.

Barthelasse Sauteed Chicken



Yield >

4

Keys : Chicken Main Dish Poultry French France European Mediterranean

Ingredients :

1	x	Frying chicken - (abt 2 1/2 lbs) cut serving pieces
		Salt to taste
		Freshly-ground black pepper to taste
1 / 4	cup	Olive oil
1 / 4	cup	Dry white wine
		Persillade made with 2 garlic cloves see * Note

Method :

- * Note: The garlic for a persillade should be chopped very finely; First slice it paper-thin, then chop it repeatedly, gathering it together in a mound with the knife blade and chopping through it again before assembling it with the parsley and rechopping. A normal portion of persillade is 2 tablespoons of finely chopped flat-leaf (Italian) parsley chopped with 1 clove of finely chopped garlic. Use 2 cloves of garlic in this recipe.
- Season the chicken pieces with salt and pepper to taste. warm the olive oil in a saute pan over medium-high heat. Put all the pieces in the pan except breasts. saute, turning the pieces, for 15 minutes. Add the breasts and saute until all the pieces are nicely colored on both sides, about 10 minutes longer. Add the wine, moving the chicken pieces around and

scraping the pan bottom with a wooden spoon until the browned bits dissolve.

- Add the persillade, turn the pieces around and, when the characteristic odor of cooking parsley and garlic fills the air, serve directly from the pan.
- This recipe yields 4 servings.
- Comments: La Barthelasse is an island in the Rhone River, between Avignon and Villeneuve-les-Avignon. In the last century, it was a favorite rendezvous for Sunday lunch, when residents of both towns flocked to the restaurants there to eat poulet a la Barthelasse.

Basic French Vinaigrette



Yield >

1

Keys : Sauces Dressings French France European Mediterranean

Ingredients :

2	tbl	white-wine vinegar or fresh lemon juice
1 / 2	tsp	Dijon-style mustard
1 / 3	cup	olive oil

Method :

- In a bowl whisk together the vinegar, the mustard, and salt and pepper to taste, add the oil in a stream, whisking, and whisk the vinaigrette until it is emulsified.
- Makes about 1/2 cup.

Baudroie Lou Marques - Lou Marques' Monkfish Soup

Yield >

1

Servings

Keys : Fish Soups French France European Mediterranean

Ingredients :

2	x	Navel oranges
---	---	---------------

Method :

- * Remove membrane and cut into 1/2" crosswise slices
- MONKFISH SOUP: Carefully cut the zest (the colored part

3	med	Potatoes, peeled, thinly sliced
3	med	Onions, thinly sliced
16	sm	Mushroom caps
2	x	Cloves garlic, thinly sliced
3	x	Artichoke hearts, fresh, quartered
2	med	Tomatoes, peeled, seeded, chopped
1	lrg	Sprig fresh thyme
2	x	Bay leaves
3	tbl	Extra virgin olive oil
2	qt	Water
2	lb	Monkfish, fresh *
		Salt, to taste
		Freshly ground black pepper, to taste
1	handf	parsley, Italian, minced
GARNISH		
4	slc	Homemade white bread, country style
1	x	Clove garlic, halved
1	tsp	Extra virgin olive oil

of the peel) from each orange, being sure not to get any of the white pith. Leave the zest in large pieces. It will be removed before serving the soup. Combine the orange zest, potatoes, onions, mushrooms, garlic, artichokes, tomatoes, thyme , bay leaves and 2 tablespoons of the oil in a large, heavy bottomed soup pot. Add the water and heat to a boil over high heat. Boil rapidly for 15 minutes. Add the monkfish and cook 5 minutes longer. Carefully skim the soup, as the fish cooks.

- **PREPARE GARNISH:** Preheat the broiler. As the fish cooks, prepare the garnish. Rub the bread on both sides with garlic and brush with oil. Toast the bread on both sides under the broiler.
- **FINISH SOUP AND SERVE:** Remove the bay leaves and orange zest from the soup and season it with salt and pepper. To serve, divide the vegetables and fish evenly among 4 warmed soup bowls and ladle the broth over all.
- Sprinkle with parsley and the remaining 1 tablespoon oil. Serve with the grilled garlic bread.

Beef Miroton - (Boeuf En Miroton)



Yield >

4

Keys : Beef Meats French France European Mediterranean French

Ingredients :

1	lb	Leftover beef
2	tbl	Butter

Method :

- In a skillet, heat 1 tablespoon butter. Add onions and cook until slightly browned. Sprinkle with flour and cook until browned, stirring constantly. Stir in consomme, salt, pepper, and vinegar. Bring to boil. Cover and cook over low flame for

1 / 2	lb	Onions finely chopped
1	tbl	Flour
1 / 2	cup	Consomme
1 / 2	tsp	Salt
1 / 4	tsp	Pepper
1	tbl	Vinegar
5	med	Potatoes boiled
2	tbl	Fresh bread crumbs

25 minutes.

- Meanwhile, cut potatoes into slices about 1/2-inch thick. Butter an ovenproof casserole and arrange potatoes in crown, each slice overlapping another.
- Cut meat into thin slices. Place meat in center of potato crown. Pour onion mixture over meat. Sprinkle with bread crumbs and dot with remaining butter. Bake at 450 degrees for 10 minutes.
- Suggested Wine: A red wine: French Bordeaux; French Burgundy; etc.

Beef Rhapsody in Blue En Croute



Yield >

4

Servings

Keys : Beef Meats French France European Mediterranean

Ingredients :

1 1 / 2	lb	Beef fillets (4 oz ea)
2	tbl	Vegetable oil
1 / 2	tsp	Seasoned salt
1 / 8	tsp	Pepper
1 / 4	tsp	Paprika
4	x	Frozen puff pastry shells,
		Thawed
1	x	Egg, slightly beaten
2 1 / 2	tbl	Crumbled Blue cheese

Method :

- Cut 1 by 1/2" deep gash in top of each fillet. Brown fillets in oil, 1 minute on each side. Drain. Sprinkle with salt, pepper and paprika. Set aside. On lightly floured board, roll each pastry out to 8" circle. Brush top of each circle with egg. Reserve remainder of egg. Mash cheese with butter, chives and garlic. Press mixture into gash in each fillet. Place a fillet in center of each pastry. Bring pastry up around meat and pinch together at top in an attractive manner. Place on ungreased baking sheet. Brush with reserved egg; sprinkle with sesame seeds. Bake @ 400 degrees 20 minutes, until pastry is golden brown. Remove to platter and garnish with parsley, green onion, turnips and carrots cut in pretty shapes.
- Makes 4 servings.

1	tsp	Minced chives
1	cl	Garlic, minced
1	tsp	Sesame seeds
GARNISH		
		Parsley
		Green onions
		Turnips

Beignets (French Market Doughnuts)



Yield > 2 dozen

Keys : French France European Mediterranean Cold

Ingredients :

1 / 2	cup	granulated sugar
1 / 4	cup	butter, plus extra for buttering the bowl
1	tsp	salt
2	cup	scalded milk
1	env	cake yeast (make sure it's fresh)
1 / 2	cup	warm water (75-85 degrees)
2	x	eggs, well-beaten

Method :

- In a large bowl, combine sugar, butter and salt. Add scalded milk and mix thoroughly. In another large bowl, add yeast to warm water to soften. Add eggs to yeast, then beat in 4 cups flour. Then add 3 to 3 1/2 tablespoons flour to make dough soft. Transfer dough to a well-buttered bowl. Brush dough with butter, cover with wax paper and store in refrigerator until ready to use. Do not let dough rise.
- To make doughnuts: Roll out dough to 1/4 inch thick and cut into 2 inch squares. Fry in deep fat fryer at 370 degrees until lightly golden. Drain and dust with confectioners' sugar. Serve with ice-cold milk or cafe au lait.
- Makes at least 2 dozen doughnuts.

4	cup	all-purpose flour, plus 3 to 3 1/2 tablespoons
		Confectioners' sugar for

Best Ever French Bread



Yield > 1 Servings

Keys : Breads French France European Mediterranean French

Ingredients :

2	tbl	Shortening
1 / 4	cup	Sugar
1	tsp	Salt
2	cup	Boiling water
2	pkt	Yeast, DISSOLVED IN
1 / 2	cup	Warm water
1	tsp	Sugar
6 1 / 4	cup	Flour
		Vegetable cooking spray, for spraying pan
		Cornmeal, for dusting pan
EGG WASH		
1	x	Egg white
2	tbl	Water

Method :

- The following is one of the best and easiest recipes I have ever come across for French bread. I use it as a basic recipe, embellish it, and create many different loaves now. As you will see, it is low in fat and sodium and absolutely wonderful. Pam
- **DIRECTIONS** In a large bowl combine shortening, sugar and salt. Pour two cups boiling water over and mix; cool to lukewarm. Dissolve 2 packages yeast in 1/2 cup warm water and 1 teaspoon sugar. Add to cooled liquid; stir in 6 1/4 cups flour all at once. It will appear as though there is too much flour at the start of the stirring process. Do not be alarmed. Just continue with your stirring process until flour is mixed. Cover; allow to stand 10 minutes. Stir again; cover; allow to stand 10 minutes. Continue this for 1 hour total time. Divide dough in half. On floured surface, roll into a rectangle; roll up like a jelly roll. Place on baking sheet sprayed with cooking spray and dusted with cornmeal. Cut slashes in top. Brush each with a mixture made of one egg white and e tablespoons water. Cover and allow to rise until doubled, about 30 minutes. Bake at 350 degrees for 25 minutes or until top test is done. After 15 minutes in the oven brush once more with the egg white mixture.
- **VARIATIONS**
- 1) **WHEAT BREAD** Change white sugar to brown, and make it 1/3 cup instead of 1/4 cup. Reduce flour to 4 1/4 cups; add 2 cups whole wheat flour.
- 2. **RYE BREAD** Change sugar to brown (1/4 cup). Reduce flour to 4 1/4 cups, add 2 cups rye flour and 2 tablespoons caraway seeds.
- 3. **CHEESE BREAD** Add 1 1/2 cups shredded cheddar or any other cheese you like.
- 4. **HERB & ONION** Add 2 tablespoons Italian seasoning and 1/4 cup minced dried onions. Vary to your liking with dill, rosemary, etc.

Blanket of Veal - (Blanquette De Veau)



Yield >

4

Keys : Veal Meats French France European Mediterranean French Hot

Ingredients :

2	lb	Veal breast or shoulder
4	cup	Water
12	sm	White onions
1	med	Carrot cut 1/2" long pieces
1	med	Onion studded with
2	x	Cloves
1	x	Bay leaf
1	pch	Thyme
1/2	tsp	Salt
1/4	tsp	White pepper
1	tbl	Butter
1	tbl	Flour
1/2	cup	Sliced mushrooms fresh or canned
1/8	cup	Heavy cream
2	x	Egg yolks
1	tsp	Lemon juice
1	tbl	Chopped parsley

Method :

- Cut meat into 12 pieces. Place veal in large, heavy saucepan. Add water. Bring to boil. Skim. Add white onions, carrot, onion studded with cloves, bay leaf, thyme, salt, and pepper. Cover and simmer for 1 1/2 hours, or until meat is tender. Remove meat, small white onions, and carrot to heated serving dish and keep warm. Discard bay leaf and onion studded with cloves.
- In another saucepan melt butter. Stir in flour and cook until smooth. Add cooking liquid and mushrooms, and cook over low flame for 15 minutes, stirring occasionally. In a bowl, combine cream and yolks. Stir in 5 tablespoons of sauce from pan, one at a time. Then stir egg mixture into sauce in pan. Add lemon juice. Cook over low flame for 5 minutes without allowing to boil, stirring constantly. Pour sauce over meat. Sprinkle with parsley. Serve hot.
- Blanquette de veau is traditionally served with rice, but noodles or boiled potatoes are also very good with it.
- Comments: This is one of the perfect dishes of "cuisine bourgeoise." It is economical, nourishing, delicate, and tasty. In fact, it is so excellent that "grande cuisine" has adopted it.
- With new "lettres de noblesse," blanquette de veau has exchanged its plebian name for a more aristocratic one, so call it "Blanquette de Veau a l'Ancienne" if you wish, but don't change anything in the recipe: it is the same. Blanket by any other name...
- Suggested Wine: A chilled dry white wine: Bordeaux Graves; etc.

Bob Evans' Pecan Caramel French Silk Pie



Yield >

1

Keys : Desserts Pies Nuts French France European Mediterranean

Ingredients :

1	x	baked pie shell - (not graham cracker)
2	jar	caramel ice cream topping
1	lb	chopped pecans
4	cup	chocolate mousse made from mix
2	cup	whipped cream
8	oz	cream cheese mixed with
1 / 2	cup	white sugar

Method :

- Set aside 2 tablespoons of nuts for garnish. Mix remaining nuts with caramel. Spread in shell. Spread cream cheese mix over that. Then the mousse. Then the whipped cream.
- Garnish and refrigerate for at least 2 hours before serving.
- This recipe yields 1 pie.
- Yield: 1 pie

Boeuf Bourguignon



Yield >

6

Keys : Beef Soups Stews Meats French France European Mediterranean

Ingredients :

1	piece	bacon - (6 oz)
2	tbl	olive oil divided
3	lb	stewing beef cut 2" cubes
		(rump roast, chuck pot roast, sirloin tip, top round or bottom round)
1/2	lb	mushrooms whole if small, sliced or quartered if large
1	x	carrot sliced
1	x	brown onion sliced
1	tsp	salt
1/4	tsp	freshly-ground black pepper
2	tbl	flour
3	cup	full-bodied young red wine
2	cup	beef stock - (to 3)
1	tbl	tomato paste

Method :

- Remove the rind, cut the bacon into lardons (sticks, 1/4-inch thick and 1 1/2-inches long). Simmer the rind and bacon in 1 1/2 quarts of water 10 minutes. Drain and dry.
- Heat the oven to 450 degrees.
- Cook the bacon in 1 tablespoon of the oil over moderate heat in a 5 to 6-quart heavy, flameproof casserole until lightly browned, 2 to 3 minutes. Remove to a large bowl with a slotted spoon. Reheat the casserole until the fat is almost smoking before you cook the beef.
- Dry the beef with paper towels; it will not brown if it is damp. Cook it, a few pieces at a time, in the hot oil and bacon fat until nicely browned on all sides. Add it to the bacon in the bowl.
- In the same fat, brown the mushrooms over medium heat and set aside (if there is no fat left in the pan, add 1 tablespoon of olive oil to brown the mushrooms). Add the carrot and brown onion and cook until browned, 4 to 5 minutes. Pour out any fat.
- Return the beef to the casserole with the vegetables and toss with the salt and pepper. Sprinkle on the flour and toss again to coat the beef lightly. Set the casserole uncovered in the oven for 4 minutes. Toss the meat and return to the oven 4 minutes more. (This browns the flour and covers the meat with a light crust.) Remove the casserole and turn the oven down to 325 degrees.
- Stir in the wine and enough stock so that the meat is

2	x	garlic cloves mashed
1 / 2	tsp	thyme
1	x	bay leaf crumbled
1	tbl	butter
24	sm	white boiling onions peeled
		Parsley sprigs for garnish

barely covered. Add the tomato paste, garlic, thyme, bay leaf and the bacon rind. Bring to a simmer on top of the stove. Cover the casserole and set in the lower third of the oven. Regulate the heat so the liquid simmers very slowly for 2 to 2 1/2 hours. The meat is done when a fork pierces it easily.

- Meanwhile, heat the butter and the remaining 1 tablespoon of olive oil in a skillet over medium heat. When the butter foams, add the boiling onions. Cook, stirring the onions, so they brown evenly, about 5 minutes. When the beef is halfway done, add the onions to the casserole to finish cooking.
- When the meat is tender, pour the contents of the casserole into a sieve set over a saucepan. Wash out the casserole (if you're serving the stew from it at the table) and return the beef, vegetables and bacon to it.
- Skim the fat from the sauce, if necessary, and simmer the sauce a minute or two, skimming off additional fat as it rises. You should have about 2 1/2 cups of sauce thick enough to coat a spoon lightly. If too thin, boil it down rapidly. If too thick, mix in a few tablespoons of stock. Taste carefully for seasoning.
- Pour the sauce over the meat, vegetables and mushrooms. Simmer 2 to 3 minutes, basting the meat and vegetables with the sauce several times. Serve from the casserole, or arrange on a large deep platter and serve, decorated with the parsley.
- This stew can be prepared a day ahead and reheated. Parsley-buttered boiled potatoes are traditionally served with this dish. Buttered noodles or steamed rice may be substituted.
- This recipe yields 6 servings.

Brown Derby's Special French Dressing



Yield >

1

Keys : Salads Dressings French France European Mediterranean

Ingredients :

1 / 4	cup	water
1 / 4	cup	red wine vinegar
1 / 2	tsp	sugar

Method :

- Combine water, vinegar, sugar, lemon juice, salt, pepper, Worcestershire sauce, mustard, garlic, and oils. Chill. Shake well before serving.

1 1/2	tsp	lemon juice
1/2	tsp	salt
1/2	tsp	freshly-ground black pepper
1/2	tsp	Worcestershire sauce
3/4	tsp	dry mustard
1/2	x	garlic clove minced
1/4	cup	olive oil
3/4	cup	vegetable oil

Buche De Noel (Christmas Log Cake)



Yield >

16

Servings

Keys : Desserts Cakes French France European Mediterranean

Ingredients :

CAKE		
1	cup	Flour, sifted cake
1/4	tsp	Salt
1	tsp	Baking powder
4	x	Egg
1	cup	Sugar
1/4	cup	,water
1	tbl	Lemon juice
MERINGUE MUSHROOMS		
2	x	Egg white
1/4	cup	Cream of tartar
1/4	cup	Sugar

Method :

- Grease a jelly roll baking sheet. Line with parchment paper. Grease the parchment paper. Sift dry ingredients together. Beat eggs at high speed about 5 to 10 minutes. Add sugar by tablespoonfuls. Continue beating until the butter is very thick. Then add lemon juice and water. Fold in dry ingredients in four stages, 1/4 cup at a time. Spread evenly on the baking sheet. Bake at 375 F. for 15 minutes or until the sponge springs back when tested. Sift powdered sugar onto the sponge. Turn cake out onto a clean tea towel. Remove parchment paper. Trim edges of the sponge if they are crispy. Roll up gently, leaving towel inside, while still warm. Let cool.
- Beat egg whites, and when foamy add the cream of tartar. When soft peaks form, gradually beat in the sugar. Beat until meringue is stiff and glossy.
- Pipe meringue through a pastry bag, making an equal number of stems and caps to resemble small mushrooms. Bake mushroom pieces at 250 F. about 45 minutes. When cool, glue them together with butter cream icing and dust lightly with cocoa in a fine strainer. Beat egg yolks and butter together until smooth. Add coffee and milk. Gradually add powdered sugar. Beat until smooth. Mix about 1/3 cup to 1/2

		Cocoa, powdered
BUTTER CREAM		
1	cup	Butter, sweet, softened
3	x	Egg yolk
ICING		
1	tbl	Espresso, powdered
1	tbl	Milk
3	cup	Sugar, confectioners, sifted
		Food coloring, green

cup of the frosting with green food coloring for the ivy decoration.

- To assemble: Unroll cooled sponge, remove towel, spread, cake with butter cream icing. Roll up. Cut off at a diagonal, a 2" slice. This is the tree stump. Frost the outside, then add the stump and frost. Make ivy patterns.
- Add the mushrooms. Dust the whole cake very lightly with powdered sugar, to simulate snow. Keep in refrigerator. Cut with serrated knife.

Cailles Roties Aux Raisins



Yield > 6 Servings

Keys : Poultry French France European Mediterranean

Ingredients :

1	cup	Dried raisins
1 / 4	cup	Brandy
12	x	Quails
1 / 4	cup	Salt

Method :

- Place raisins & brandy in bowl, add enough water to cover. Soak 1 hr.
- Preheat oven to 450. Clean quails, truss wings & legs to body w/ string.
- Season inside & outside generously w/ salt & pepper. Spread 1 tbs. butter evenly over each. Arrange in roasting pan, roast in oven 25-30 min. Remove baking pan from oven.

4	tsp	Pepper
1 / 2	lb	Butter, room temperature
3 / 4	cup	Dry white wine

Remove quails and keep warm on serving platter.

- Deglaze pan over medium heat by adding wine & 3/4 cup water, then stirring & scraping the solidified pan juices. Cook about 10 min., until reduced by half. Add remaining 4 tbs. butter & stir until well blended. Strain sauce through a sieve into a bowl. Drain raisins, discard liquid. Stir raisins into sauce. Place 2 quails each on 6 dinner plates. Pour raisin sauce over & serve.
- LE CAFE ROYALE
- MINNEAPOLIS, BLOOMINGTON: WINE: CHATEAU BON DIEU DES VIGNES,1977

Carrot Vichyssoise



Yield >

6

people

Keys : Soups Tubers Root Vegetable French Soup French France European Mediterranean Hot

Ingredients :

1	kg	carrots, medium
1	x	onions, medium
2	x	potatoes, medium
2	stk	celery
1	tsp	garlic, crushed
100	gm	butter
2	tsp	sugar (caster)
		salt, pepper
1 / 10	tsp	nutmeg, ground

Method :

- Cut some carrot into fine julienne. Reserve to garnish soup.
- Peel and slice remaining carrots, onion, celery and potatoes.
- Melt butter in a large saucepan and add chopped vegetables, garlic and stir to coat vegetables in butter. Cover pan and cook gently approx 5 minutes, stirring occasionally.
- Add the stock, sugar and seasonings, bring the stock to a boil, and simmer gently, covered, for 20 minutes, or until they are tender.
- Puree the soup in a vitamiser and return to saucepan.
- Blanch carrot julienne in boiling water for 3 minutes and add to soup.

6	cup	chicken stock
1 / 2	cup	cream
1 1 / 2	tbl	parsley, chopped
1	cup	carrots, medium

- Bring soup back to the boil, add cream, herbs and reheat. Season and serve hot.

Catskill Mountain Jalapeno French Bread



Yield > 12 Servings

Keys : Breadmaker Bread Machine Baking French France European Mediterranean

Ingredients :

7	oz	Water
1	tbl	Butter/margarine
1 / 2	cup	Jalapeno cheese, shredded
1 / 4	cup	Jalapeno peppers, chopped
2 1 / 4	cup	Bread flour ("Better for Bread")
2	tsp	Salt
2	tsp	Sugar
2	tbl	Sesame seeds, or more
2	tsp	Active dry yeast (Red Star is best)

Method :

- I use "El Rio Jalapeno strips" for this bread.
- Use French/crusty mode; otherwise; standard/white bread mode.
- Hope you enjoy it. Remember that you were warned when your mouth starts yelling "Fire!" (BG)

Champignons Veroniques

Yield >

4

Servings

Keys : Vegetable French France European Mediterranean Warm**Ingredients :**

3	oz	Cream cheese, at room temp.
1	x	Clove (small) garlic, finely minced
1 / 2	tsp	Minced parsley
1 / 2	tsp	Minced chives
1 / 2	tsp	Minced tarragon
1	dsh	Tobasco sauce
		Salt and white pepper
6	x	Seedless green grapes
12	sm	Mushrooms, stems removed
4	tbl	Butter, melted
3	oz	Hard cheese, grated

Method :

- Cream the cream cheese. Add the garlic, herbs, Tabasco, and salt and pepper to taste. Halve the grapes and place one half in each mushroom cap, cut side down. Fill the cap with cheese mixture. Roll the filled cap in butter and then in grated cheese. Place mushrooms on an ungreased baking sheet. Bake in a 400 degree oven for 15 minutes, or until golden brown.
- Serve warm, with cocktails or aperitif.
- LA TERRASSE
- WINE: DELAFORCE PORTO BRANCO

Chicken of the Dukes



Yield >

4

Keys : Chicken Poultry French France European Mediterranean French Hot**Ingredients :**

4	lb	Ready-to-cook chicken quartered
---	----	---------------------------------

Method :

- In chicken fryer, heat 1 tablespoon butter. Add onions. Cover and cook over very low flame for 10 minutes. Remove onions and set aside. To same pan, add 2 tablespoons butter. Heat butter. Add chicken and cook over low flame for 10

1 / 4	cup	Butter
3	med	Onions chopped fine
1	tbl	Salt - (1 tbspp ???)
1 / 4	tsp	Freshly ground pepper
1	tbl	Flour
1	cup	Scalded milk
1	pch	Grated nutmeg
2	tbl	Armagnac (or other brandy)
1 / 8	cup	Heavy cream
2	tbl	Madeira wine
1	tbl	Lemon juice

minutes. Return onions to pan. Add salt and pepper. Cover and cook over low flame for 40 minutes, or until chicken is tender.

- Meanwhile, heat remaining butter in small, heavy saucepan. Add flour. Stir in milk. Add salt to taste, and nutmeg. Bring to boil, stirring constantly. Simmer for 10 minutes.
- Remove chicken to heated serving dish and keep warm. Add Armagnac (or other brandy) to pan. Bring to boil. Add sauce from saucepan, and heavy cream. Bring to boil and cook for 5 minutes, stirring constantly. Off fire, add Madeira wine and lemon juice. Correct seasoning. Serve hot.
- Suggested Wine: A light red wine; a chilled white wine; or a rose wine.

Chocolate Dream Crepes



Yield >

5

Servings

Keys : Desserts Chocolate French France European Mediterranean

Ingredients :

FILLING		
1 / 2	cup	Chocolate chips, semi-sweet
2	tbl	Butter
1 / 2	cup	Sugar, confectioners, sifted
1 / 4	cup	Karo, light

Method :

- Filling: Combine chocolate chips and butter in the top of a double boiler; bring water to a boil. Reduce heat to low; cook, stirring often, until chocolate melts. Remove from heat. Add confectioners' sugar, Karo, creme de cacao, water, and vanilla, and stir until smooth.
- Spoon about 3 tablespoons ice cream down the center of each cr#pe; fold sides over, and place seam side with on serving dishes. Spoon warm chocolate sauce over each; sprinkle with pecans.
- Cr#pes: Combine flour, cocoa, sugar, and salt. Add milk

2	tbl	Cr#me de cacao
2	tbl	,Water
1 / 2	tsp	Vanilla extract
1	qt	Ice cream, chocolate
		Chocolate cr#pes
1 / 2	cup	Pecans, chopped
CREPES		
1 / 2	cup	Flour
1	tbl	Cocoa
2	tsp	Sugar
1	dsh	Salt
3 / 4	cup	Milk
1 / 4	tsp	Almond extract
1	x	Egg
2	tsp	Butter, melted

and almond extract; beat until smooth. Add egg and beat well; stir in butter.

- Refrigerate 2 hours.
- Brush bottom of a 6" cr#pe pan or heavy skillet with oil; place over medium heat until just hot, not smoking.
- Pour 2 tablespoons batter into pan; quickly tilt pan in all directions so batter covers the pan in a thin film. Cook 1 minute or until lightly browned.
- Lift edge of cr#pe to test for doneness. Cr#pe is ready for flipping when it can be shaken loose from the pan. Flip the cr#pe, and cook about 30 seconds on the other side. (This side is rarely more than spotty brown, and is the side on which the filling is placed.) Place cr#pes on a towel to cool. Stack between layers of waxed paper to prevent sticking. Repeat until all batter is used.

Christmas Sucre-a-Creme (Really Sweet French Fudge)

Yield >

1

Keys : Candy French France European Mediterranean

Ingredients :

1	cup	white sugar
1	cup	brown sugar
1	cup	liquid whipping cream
1	tsp	maple flavor
1	tsp	butter

Method :

- Combine ingredients except butter. Microwave 11 minutes on high (the mixture will boil). While waiting for the mixture to cook, fill a quarter of the sink with really cold water (add ice cubes to the water if you like). Once the mixture is finished cooking put the bowl directly in the cold water ensuring that no water spills into the bowl. Add 1 teaspoon of butter to the mixture until it becomes thick. Mixture is thick enough when it wraps around the spoon. Pour the mixture into buttered 8x8 pan and let stand for 30 minutes.

Cinnamon French Toast Waffles



Yield >

1

Keys : Spices French France European Mediterranean

Ingredients :

2	slc	Whole-wheat Bread
1 / 4	cup	Egg Substitute -- liquid
3	tbl	Milk
1 / 4	tsp	Vanilla
1 / 8	tsp	Cinnamon
1	dsh	Salt -- optional
		Vegetable Oil Spray

Method :

- Pre-heat your waffle iron according to the manufacturer's directions while mixing up the following:
In a medium sized shallow bowl, stir together the egg substitute, milk, vanilla, cinnamon, and salt (if desired). Dip bread into mixture, making certain to soak up all of mixture between the two slices. Spray the bottom of your waffle iron, and place one slice of bread in the center. Quickly spray the top of the waffle iron, and close it. Cook waffle/toast for 2 - 3 minutes, or until steam stops coming from the iron. Repeat with second slice of toast, and serve plain or with a desired topping. Fresh fruit, or applesauce make wonderful toppings, although, this is also very good eaten plain. copyright 1999, Kaylin Cherry/Real Food for Real People

Coconut-Walnut Macaroons



Yield >

24

Keys : Biscuits Nuts French France European Mediterranean

Ingredients :

2	x	egg whites
1	cup	sugar
1	tbl	honey
2	cup	cornflakes
		or
2	cup	Rice bubbles
1/2	cup	chopped pecans
1	cup	coconut
1/2	tsp	vanilla essence

Method :

- Preheat oven to 350 F.
Beat the egg whites until stiff peaks form. Gradually and carefully fold in the sugar, honey and vanilla, then the cornflakes, nuts, and coconut.
- Scale teaspoons of mixture onto a greased baking tray, leaving space in between for mixture to spread.
- Bake for 15-20 minutes and allow to cool on the baking tray.

Codfish Provencale



Yield >

4

Keys : Fish Ocean French France European Mediterranean French Hot

Ingredients :

2	lb	Codfish
2	tbl	Oil
2	med	Onions chopped
28	oz	Canned tomatoes - (1 can) with liquid
1	tbl	Flour
1	cup	Dry white wine

Method :

- Cut fish into slices approximately 1 1/2-inches thick. Heat oil in large, heavy skillet. Add onions and cook until slightly browned. Add fish and cook until fish is golden brown. Remove fish and set aside. Add tomatoes to pan. Sprinkle with flour. Stir in wine and liquid from can of tomatoes. Bring to boil. Return fish to pan and cook, without allowing to boil, for 20 minutes. Serve hot.
- Suggested Wine: A chilled dry white wine: Bordeaux Graves; etc.

Confit D'oie (Preserved Goose)



Yield >

1

Keys : Game Meats Poultry Bird French France European Mediterranean French

Ingredients :

Method :

- "Confit d'oie is easy to prepare. It is an excellent food that can be stored a long time. This dish is part of French

1	x	fat goose
1	lrg	handful spiced salt made with:
2	lb	sea salt, finely crushed.
1	tsp	saltpeter
1	lb	sugar
4	x	cloves
1	x	bay leaf
1	sprg	thyme, crushed to powder
Melted fat:		
1	prt	goose fat
1	prt	pork fat, clarified and strained

regional cooking; it is a specialty in Languedoc, Gascony, and the Bearn."

- Method. Bleed a fat goose, pluck, singe, then completely cool it.
- Slit the goose down the back, from neck to tail. Draw it carefully to avoid harming the liver, which can be used in cooking other dishes.
- Remove the fat that surrounds the gizzard and the intestines.
- Cut the goose into four pieces: the two breast pieces with the wings attached and the two legs. Leave the carcass bones attached to each quarter.
- Rub the pieces of goose inside and out with spiced salt. A large handful of this salt is enough for 1 goose.
- After rubbing the goose with salt, put the pieces in a glazed bowl and cover with remaining spiced salt and a dishcloth. Let marinate in this brine for at least 24 hours.
- Then remove the pieces of goose, shake the salt off them, and carefully wipe. Plunge the pieces of goose into a saucepan filled with tepid melted fat - half goose fat from the bird and half pork fat, both clarified and strained.
- Gradually bring to a slow boil. The fat should boil but not smoke.
- At the start of the cooking the fat will be cloudy, but as the goose cooks, it will get clearer. It takes 2 hours to produce a perfect confit. The goose will be cooked when the fat is clear; if it has been cooked very slowly, a needle should penetrate the meat easily.
- Drain the pieces of goose and remove any loose bones from the carcass or the legs.
- Using a glazed earthenware pot, pour in a layer of the cooking fat.
- Let it harden; then place the goose meat on top, without letting it touch the sides of the pot, in a single layer. Cover with another layer of half-congealed fat. Repeat until all the goose meat is covered.
- Two days later pour a new layer of hot fat into the pot to fill any empty spaces. The following day pour on the surface a last layer of pure pork fat, well cooked, which, in turn, will harden. Cut a piece of wax paper the size of the pot and place it on top of the fat.
- Cover the pot and keep the confit d'oie in a dry, cool place or refrigerate.
- Each time you want to use a piece of confit, first remove the pork fat, then the cooking fat. After you remove a piece of goose, first replace the goose fat, then the pork fat. This way, the confit can be kept for a whole season.

Cotes De Veau Flambes (Flamed Veal Chops)



Yield >

1

Servings

Keys : Stephen Ethnic Meats Veal French France European Mediterranean French

Ingredients :

By now, the only thing left the side of veal is the chops, though fortunately you should have some left-over veal stock (it can be frozen as ice-cubes). Here is a very simple, low-fat recipe from Larousse Light French Cooking is unfortunately long out of

print.

Method :

- Beat together one egg yolk with half a tablespoonful of evaporated skim milk.
- Slice 375 g of mushrooms. Measure out 30 ml of brandy or whisky.
- Juice half a lemon. Have ready about 4 tablespoons of veal stock.
- Chop 2 tablespoons of parsley. Trim any fat From 6 veal chops and rub it over a large non-stick pan with a lid. If there is no fat, brush on a little olive oil.
- Heat the pan and brown the chops on both sides, then add the stock.
- Meanwhile heat the cognac in a small saucepan, ignite it and pour it over the chops. Add the mushrooms, season with salt and pepper and cover. Cook just until the mushrooms have exuded their juices. Remove the chops to a warm serving dish.
- Reduce the cooking juices a little, then add a spoonful or two of the juices to the egg yolk mixture, stirring. Remove the frying pan from the heat and tip the egg yolk mixture into it, stirring. Return the pan to a very gentle heat and stir until the sauce thickens. It must not boil or it will curdle. Add a dash of lemon juice and parsley, correct seasoning and spoon sauce over the chops.
- Larousse advises serving the chops with any dish of zucchini.

Country-Style Sausage - (Saucisse Paysanne)



Yield >

4

Keys : Sausage French France European Mediterranean French

Ingredients :

4	med	Carrots
2	sm	White turnips
4	sm	White onions coarsely chopped
3	x	Celery stalks
4	x	Leeks (white part only)
28	oz	Canned tomatoes
1	pch	Thyme
1	x	Bay leaf
2	tbl	Chopped parsley
1 / 2	tsp	Salt
1 / 4	tsp	Pepper
1 / 4	cup	Consomme
1 1 / 2	lb	Polish sausage

Method :

- Clean and cut vegetables into pieces 1-inch long. In a large, heavy saucepan combine carrots, turnips, onions, celery, leeks, tomatoes, thyme, bay leaf, parsley, salt, and pepper. Add consomme. Bring to boil and cook for 5 minutes. Add sausage. Cover and simmer for 1 hour. To serve, arrange vegetables in center of serving dish. Cut sausage into slices 1/2-inch thick and arrange slices in a crown around vegetables. Serve hot.
- Suggested Wine: A light red wine; chilled dry white wine; or a rose wine.

Courvoisier French Silk Chocolate Pie



Yield >

8

Servings

Keys : Desserts Alcoholic Pie French France European Mediterranean

Ingredients :

1	x	9-inch pastry crust, baked
2 1/2	cup	half and half or light cream
4	tbl	cornstarch

Method :

- 1/3 C sugar 6 ea squares (6 ounces) semisweet chocolate
4 ea egg yolks
1 ts vanilla
1/4 c Courvoisier
1 c whipping cream
2 tb Courvoisier
- Chocolate shavings
- In a medium saucepan, combine half and half, cornstarch, and sugar. Stir until well-blended. Add chocolate and cook over low heat, stirring continuously, until chocolate is melted and mixture comes to a boil.
- Stir one cup of hot mixture into yolks, return to pan. Cook and stir one minute. Remove from heat and stir in vanilla and Courvoisier.
- Pour into prepared crust. Chill four hours.
- Whip cream with two tablespoons Courvoisier until fluffy. Spread over top of pie. Garnish with chocolate shavings.

Crayfish or Lobster Thermidor



Yield > people

Keys : Seafood Hot Expensive Party French Main Course French France European Mediterranean

Ingredients :

1	x	crayfish, cooked
20	gm	butter
1 / 4	cup	white wine
200	ml	mornay (cheese) sauce
1	tsp	mustard, french
1 / 2	cup	cream
1 / 10	tsp	cayenne pepper
1	x	egg yolks
1 / 2	cup	cheese, grated

Method :

- Cut the lobster in half lengthwise, reserving the shells for presentation. Remove the flesh and cut into 2cm X 2cm cubes.
- Heat the butter in a frying pan, saute the lobster lightly to heat through. Moisten with white wine, add the mornay sauce, mustard, cream and pepper and bring to a simmer. Remove the pan from the heat and stir in the egg yolk.
- Carefully spoon the lobster and sauce back into the shells, sprinkle with grated cheese and cook under the griller until cheese is melted and golden brown.

Crepes Suzette From Ron' Plaice in Blackpool)

Yield > Servings

Keys : Desserts French France European Mediterranean

Ingredients :

4 219/500	oz	Flour
1 219/500	oz	Sugar, icing/confectioners
1/2	x	Lemon, rind, grated
2	x	Egg yolks
1	x	Egg whole
1/2	cup	Milk
1/2	cup	Cream, single
1 3/4	oz	Butter
		Butter for cooking
3	x	Oranges
1	x	Lemon 1 1/16 oz Sugar, regular kind:)
2 2/3	tbl	Grand Marnier or similar
1/4	cup	Brandy
10	x	Sugar lumps

Method :

- This dish, above all others, evokes that French 'feeling' in foreign restaurants. Easy to cook once you get the batter just right. The Grand Marnier can be substituted with any suitable orange flavored liqueur.
- Delicious made with Southern Comfort. An 'adult' dessert for a special occasion. Bon appetite mon cherie! From Ron's Place in Blackpool for a sweet lady in the USA ;-)
- The Crepe: [Pancake] Mix the flour with the icing/confectioner sugar and grated rind of half a lemon in a bowl. Beat the egg yolks and egg with the milk and cream, and stir into the flour. Beat all to a smooth batter. Melt the butter and stir into batter mix. Cook in a very hot pan with a little of the butter for cooking. Each crepe should be very thin and about 6 inches across. Keep hot!
- The Sauce: Wash and dry the oranges and lemons. Rub the sugar lumps over the rind to extract the wonderful aromatic oils. [I can almost smell it from here:)] Squeeze the fruits to extract the juice. Heat some butter in a large pan, add the sugar lumps and sugar [regular type as used in coffee]. Once melted, add the orange and lemon juice, and cook for a few minutes.
- While stirring, add the Grand Marnier. Heat the crepes, one by one in the sauce, turning several times; almost all the sauce should be absorbed by the crepes. Roll up all crepes and return to the pan. Warm the brandy, pour it over the crepes in the pan, set it alight 'Whoof!' Flambe by leaving the crepes in the pan until the flames die down. Serve at once. Once consumed, you should turn down the lights, 'snuggle' up on the settee, and discuss the merits of French Cuisine in whispers. Bon appetite :) From Ron's Place in Blackpool, just a whisper from your heart

Cutlets of Lamb Dianne



Yield > people

Keys : Lamb Meats Hot Oven Expensive French Main Course
French France European Mediterranean

Ingredients :

12	x	lamb, cutlets
2	tbl	butter
1 / 4	cup	spring onions
1	cup	mushrooms
1	tbl	Worcestershire sauce
1	tbl	brandy
2	clv	garlic, crushed
3	tbl	parsley, chopped
1 / 2	cup	cream

Method :

- Finely slice mushrooms and spring onions.
- Trim chops and flatten lightly with a meat mallet. Season with salt and pepper. Heat butter in a large frying pan until foaming, add lamb and cook for 3 minutes, both sides, on medium high heat.
- Sprinkle spring onion,, mushrooms, garlic, brandy and Worcestershire sauce into pan, turn chops and cook for further 3 minutes, or until mushrooms are tender, stirring. Add cream and parsley, turn chops and cook for further minute.
- Serve lamb with sauce poured on top.
- Serves 4.

Dana Andrews' Rabbit French Canadian Style

Yield > Servings

Keys : Meats Game French France European Mediterranean
Canadian Canada North American

Ingredients :

1	lrg	Rabbit, cut for frying
3	tbl	Bacon drippings
2	lrg	Onions, cut fine
1	x	To 2 tbs flour
1	qt	Burgundy or Chablis
2	x	Bay leaves
		Salt & pepper to taste
1	tsp	Parsley, chopped fine
		Giblets, chopped fine
		Button mushrooms

Method :

- In Dutch oven, saute onions in bacon drippings. Brown flour in same Dutch oven. Add rabbit, Burgundy, (or Chablis), bay leaves, salt, pepper and parsley. Cover. Cook either on the stove or in the oven for 2 hours, or until rabbit is tender. Remove rabbit to a warm place. Add giblets and mushrooms to gravy. Cook until done, adding more flour to thicken the sauce if desired. Excellent with rice.

Deep-Fried Goats' Cheese on a Jumble of French Beans and Ro



Yield >

4

servings

Keys : Food French France European Mediterranean**Ingredients :**

GOATS' CHEESE PARCEL		
200	gm	Goats' cheese log, cut into 4
4	sht	spring roll paste
1	x	Clove garlic
50	gm	Black olives
10	ml	Olive oil
10	gm	Anchovies
1	x	Egg
DRESSING AND SALAD		
200	gm	French beans

Method :

- Puree the olives, garlic, anchovies and olive oil.
- Top the pieces of goats' cheese with the tapenade mixture and wrap in the spring roll paste, then seal with egg wash.
- Blanch, refresh and split the french beans. Chop the tomatoes into a 1cm dice and mix with finely chopped shallots. Mix in half of the olive oil and balsamic vinegar.
- Chop the rosemary and mix with the remaining olive oil.
- Deep-fry the goats' cheese parcel until golden brown.
- Sit the goats' cheese on a bed of French beans and drizzle the rosemary oil and tomato dressing around.

200	gm	Plum tomatoes
100	gm	Shallots
100	ml	Olive oil
20	ml	Balsamic vinegar
10	gm	Rosemary

Duck Pastrami on French Bread with Onion Marmalade

Yield >

6

Keys : Sandwiches Duck Poultry Game Meats Bird French France European Mediterranean

Ingredients :

1	tbl	Black peppercorns
3	tsp	Dried thyme
3	x	Bay leaves crumbled
1	tsp	Whole cloves
2	tbl	Minced garlic
1	tsp	Whole juniper berries plus
1/3	cup	Crushed juniper berries
4	cup	Water
1/2	cup	Packed light brown sugar
1/2	cup	Kosher salt
1	whl	Boneless duck breast - (abt 2 1/2 lbs) split in half
1/4	cup	Coarsely-ground black pepper
1	loaf	of crusty French bread
1/4	cup	Creole mustard
6	slc	Provolone cheese
1	cup	Onion Marmalade see * Note

Method :

- In a small mixing bowl, combine the peppercorns, thyme, bay leaves, cloves, garlic, and whole juniper berries. In a saucepan, over medium heat, combine the water, brown sugar and salt. Bring to a boil and stir to dissolve the sugar and salt. Remove from the heat and add dry spice mixture and steep for 1 hour.
- Place the duck breast in a glass or plastic container. Pour the seasoned brine to cover the breasts completely. Cover and refrigerate for 48 hours, turning the breasts a couple of times. Remove the duck breasts from the brine and rinse thoroughly with cool water. Pat dry with a towel.
- Preheat the oven to 250 degrees.
- Combine the crushed juniper berries and ground black pepper in a small bowl. Using the palm and heel of your hands, press 2/3 of the berry and pepper mixture into the underside of the breasts. Press the remaining mixture onto the skin side. Place the breasts, skin-side down, on a rack in a roasting pan and roast for 1 hour. Remove and let cool for 30 minutes. Wrap the breasts tightly in plastic wrap and place in an airtight container. Store in the refrigerator for at least 1 week before using.
- To serve, remove the meat and slice thin. Slice the French bread in half horizontally. Smear the Creole mustard on cut sides of the bread. Lay the slices of the duck on one side of the bread. Lay the slices of cheese over the duck. Top the cheese with the Onion Marmalade. Slice the sandwich and serve.
- This recipe yields 6 servings.

E Michura's Overnight French Toast with Cinnamon



Yield >

4

Servings

Keys : Breakfast French France European Mediterranean

Ingredients :

3	lrg	Eggs
3 / 4	cup	Milk
2	tbl	Sugar
1	tsp	Pure vanilla extract
1 / 4	tsp	Ground cinnamon
1 / 8	tsp	Baking powder
8	x	1/2" thick slices challah or
		Italian bread
4	tbl	Unsalted butter
		CINNAMON SYRUP
1 / 2	cup	Sugar
1 / 4	cup	Dark corn syrup
1 / 4	tsp	Ground cinnamon
1 / 4	cup	Heavy cream

Method :

- TO PREPARE FRENCH TOAST: In medium-sized mixing bowl, whisk together eggs, milk, sugar, vanilla, cinnamon and baking powder until blended. Place bread in a large shallow baking dish and pour egg mixture over the top; turn to coat evenly. Press a piece of wax paper directly on the bread to cover it and refrigerate overnight.
- TO MAKE CINNAMON SYRUP: In a small saucepan, stir together sugar, corn syrup, cinnamon and 1/4 cup water. Bring the mixture to a boil over medium-high heat, stirring constantly. Boil for 2 minutes. Remove from the heat and stir in cream. Let cool. (The syrup can be stored, covered, in the refrigerator for up to 1 week.) TO COOK FRENCH
- TOAST: In a skillet, heat butter over medium-high heat. Add bread (do not crowd the pan) and cook until golden on both sides, 2 to 3 minutes per side. Serve with cinnamon syrup.

Endive and Prosciutto Gratin



Yield >

6

Keys : Side Dish Vegetables French France European Mediterranean

Ingredients :

ENDIVE		
12	x	firm Belgian endive heads
5	tbl	butter divided
1 / 4	tsp	salt
		Juice of 1/2 small lemon - (1 tbspn)
1 / 4	cup	water
CHEESE SAUCE		
2	tbl	butter
3	tbl	flour
2	cup	milk
1 / 4	tsp	salt
		Freshly-grated nutmeg as needed
1	oz	finely grated Parmigiano-Reggiano
2	oz	medium-grated Swiss cheese
ASSEMBLY		
12	slc	prosciutto - (1/3 lb) trimmed of fat edges
3	tbl	grated Swiss cheese
1	tbl	butter cubed

Method :

- For the Endive: Heat the oven to 400 degrees. Trim the bottoms of the endives and discard. Wash the whole endives under running water and shake dry. Cut the endives in half lengthwise.
- Smear 1 1/2 tablespoons of butter in a 9- by 13-inch stove-to-oven casserole. Lay the endives in it so they cover the bottom. Sprinkle with some of the salt and half the lemon juice. Make another layer of endives, and add more salt and lemon juice. Add the water. Cut the remaining butter into small pieces and dot the top of the endives. Cover and simmer over medium heat for 10 minutes. Uncover and boil rapidly until the liquid is reduced to 2 or 3 tablespoons, for about another 10 minutes.
- Place a sheet of buttered wax paper over the pan, cover with a lid and place in the oven. Reduce the heat to 325 degrees. Bake for 1 hour. Remove the casserole cover but leave the wax paper and bake until the endives are golden, about 20 to 30 minutes
- For the Cheese Sauce: Melt the butter in a heavy-bottomed, medium-sized saucepan over medium heat, then stir in the flour until smooth. Cook 2 to 3 minutes to get rid of the raw flour taste. Remove from the heat and set aside.
- Bring 2 cups of milk to boil in a small saucepan and add the grated nutmeg, about 11 passes on the grater. Whisk the heated milk into the roux, followed by the Parmigiano-Reggiano and Swiss cheeses. As it thickens, cover and set aside.
- For Assembly: Heat the broiler and set a rack in the middle of the oven. Butter a shallow 2-quart baking dish. Add half of the cheese sauce. Lay the prosciutto slices on a work surface. Add 2 endive halves to a prosciutto slice, then roll the slice up over the endives to form a bundle. Repeat with the remaining endive halves and prosciutto slices.
- Neatly arrange the 12 prosciutto-endive wraps in the baking dish. Cover the wraps with the remaining cheese sauce. Sprinkle with the Swiss cheese and dot with the butter. Set the dish in the oven and broil until bubbling and the cheese has browned a bit, 3 to 4 minutes. You'll want to do this just before you serve dinner so that the dish is nice and hot.
- This recipe yields 6 servings.

Escargots En Cercueils (Snails in Puff Pastr



Yield >

6

Servings

Keys : Appetizers French France European Mediterranean**Ingredients :****Method :**

- *Note: Butter should be cut into 12 pieces.

36	x	Snails, undrained
1 / 2	cup	Chardonnay or dry white wine
1	med	onion, minced
1	x	Shallot, minced
2	x	Garlic cloves, minced
		Salt & freshly ground pepper
		Freshly grated nutmeg
1	lb	Puff pastry, pref. homemade
1	x	Egg yolk (blended w/ milk)
3	tbl	Milk (to blend with yolk)
3 / 4	cup	Butter, well-chilled*
1 / 3	cup	Chopped toasted hazelnuts
3	tbl	Minced fresh parsley

- Drain snail juices into small saucepan. Place snails in bowl. Add wine, onion, shallot, garlic, salt, pepper and nutmeg to juices and bring to boil. Pour marinade over snails. Let cool. Cover and refrigerate for 24 hours. Preheat oven to 425 degrees. Butter baking sheets. Roll dough out on lightly floured surface to thickness of 1/4". Cut out 36 circles using 2-inch floured cutter. Arrange circles on prepared sheets. Using knife tip, trace lid on each circle 3/4-inch from edge; do not cut through dough.
- Brush with glaze. Bake pastry until puffed and golden brown, about 10 minutes. Cool slightly on rack. Using sharp knife, cut out lids. Discard any soft dough inside shells. Reduce oven to 375 degrees.
- Strain marinade into large saucepan, pressing down on vegetables to extract all liquid. Boil until reduced to 1/2 cup. Remove pan from heat and whisk in 2 pieces of butter. Set pan over low heat and whisk in remaining butter 1 piece at a time. Mix in snails, hazelnuts and parsley.
- Adjust seasoning. Place 1 snail and some of sauce inside each shell. Top with lid. Bake until heated through. Serve immediately.

Family Brunch - French-Toasted Cheese Sandwiches



Yield >

1

Keys : Breakfast Brunch Sandwiches French France European Mediterranean

Ingredients :

1	tbl	butter or margarine
---	-----	---------------------

Method :

- Step 1: To prepare the sandwiches, in a 10-inch nonstick skillet, melt butter over moderate heat. Cook mushrooms, onions, and pepper in butter until vegetables are tender. Remove from skillet.

1 / 4	cup	chopped onion
1 / 8	tsp	black pepper
8	slc	home-style white bread
4	slc	American cheese OR
2	slc	Cheddar cheese (3 ounces halved crosswise)
2	slc	part-skim mozzarella cheese (3 ounces) halved crosswise For the egg coating:
1	lrg	egg
1	lrg	egg white
3	tbl	low-fat (1% milkfat) milk
		Nonstick cooking spray

- Step 2: For each sandwich, layer a slice of bread, a slice of American cheese, some of the mushroom-onion mixture, a half-slice of mozzarella cheese, and another slice of bread.
- Step 3: To prepare the egg coating, in a shallow bowl, whisk together the egg, egg white, and milk. Dip sandwiches in coating to coat on both sides. Wipe out skillet. Coat skillet with cooking spray. In the skillet, cook sandwiches, 2 at a time, over moderate heat until bread is golden and cheese begins to melt, turning once.
- NOTES : Originally, these luscious, hot sandwiches were coated in egg like French toast and then deep fried. Today's lighter version uses egg whites and is pan fried to give the same golden brown crust and creamy center with less fat.
- Preparation Time: 10 minutes.
- Cooking Time: 13 minutes.
- Makes 4 main-dish servings.

Feuilletes De Saumon Aux Asperges pt 1

Yield >

6

Servings

Keys : French France European Mediterranean

Ingredients :

PUFF PASTRY		
10	oz	Flour
5	fl oz	Water, up to 6
1	tsp	Salt
2	tbl	Melted butter
7	oz	Butter
1	x	Egg, sightly beaten, for glazing
LEMON BUTTER SAUCE		
7	oz	Butter
3	tbl	Lemon juice, strained
		Salt
		White pepper
VEGGIES/FISH		
1 1 / 2	lb	Fresh spinach
1	oz	Butter
		Salt and freshly ground pepper
1	lb	Green asparagus
1 1 / 2	lb	Boneless salmon fillet

Method :

- Here is my gourmet Friday recipe.
- Puff Pastry Cases with Salmon and Asparagus and a Lemon Butter Sauce
- SERVES 6
- This combination of pastry, vegetables and fish is a typically modern creation in which each element is prepared separately. The vegetables are an integral part of the dish, rather than simply a garnish, and the sauce is the essence of simplicity (butter is whisked into lemon juice, seasoned and served). In all, this is the sort of light French cooking that many young chefs prefer.
- Prepare the puff pastry.
- Preheat the oven to 230 C (450 F) mark 8. Lightly brush a baking sheet with the softened butter. Sprinkle with water; set aside.
- Prepare the pastry cases (see technique photographs): dust a work surface with flour. Roll out the puff pastry about 3 mm (1/8 inch) thick and cut into 6 rectangles, 10 cm (4 inches) long x 6.5 cm (2.5 inches) wide. Or, use an oval cutter of approximately the same dimensions, if available.
- Transfer the shapes to the baking sheet with a palette knife. Brush the tops with egg glaze. Be careful not to let the egg drip over the edges of the pastry, or it will not rise evenly. Refrigerate for 10 minutes. When chilled, brush again with egg glaze and bake for about 25 minutes, until puffed and golden. Leave to cool.
- While the pastry is baking, cut the salmon into escalopes: working from tail to head, run your fingers along the surface of the salmon fillets to detect any small bones; remove them. Holding the knife at a shallow angle to the fish, cut the salmon into 6 equal portions, or escalopes. Set the salmon aside.

1 / 2	oz	Butter
1	sm	Bunch chives, chopped
		Butter, softened, for baking sheet

- Stem the spinach and rinse the leaves in several changes of water, then coarsely chop it. Melt 30 g (1 oz) of the butter in a saucepan over medium heat, add the spinach, and cook, stirring frequently, until the moisture has evaporated. Season to taste with salt and pepper; cover to keep warm.
- Snap off and discard the tough ends of the asparagus. Starting 2.5 cm (1 inch) below the tip, peel each stalk with a vegetable peeler. Tie the asparagus into several even bundles with fine string. Bring a large saucepan of salted water to the boil. Add the asparagus and cook over high heat for 10-12 minutes, until tender. Drain and cover to keep warm.
- Prepare the lemon butter sauce: cut the butter into small pieces. Bring the lemon juice to the boil in a small saucepan and reduce by half. Whisk in the butter little by little, until the sauce is creamy. Season to taste with salt and white pepper; keep warm off the heat in a saucepan of hot water.
- Cook the salmon: season both sides of each escalope with salt and pepper.
- continued in part 2

Flageolet with a Mirepoix



Yield >

4

Keys : Side French France European Mediterranean French Hot

Ingredients :

1	cup	dried flageolets
		(2 1/2 cups cooked)
1	tsp	olive oil
1	tsp	unsalted butter
1	cup	diced celery
1	cup	diced carrots
1	cup	diced onion
1	tsp	dried tarragon
1	cup	ready-to-serve vegetable broth
		salt and black pepper

Method :

- 1. Sort through the beans; rinse, soak and cook the flageolets by your preferred method until tender. Drain.
- 2. In a large frying pan with a lid, warm the oil and melt the butter over medium-high heat. Add the celery, carrots, onions and tarragon and stir to mix. When the vegetables are hot, lower the heat, cover and cook, slowly for 10 to 15 minutes or until tender, stirring occasionally to prevent browning.
- 3. Add the flageolets and stock. Bring to a boil, lower the heat and simmer, covered, 15 minutes. Season with salt and pepper. Serve hot.
- [Serve hot with pasta, ravioli, rice or with a medley of steamed vegetables that includes peas, asparagus and broccoli. Serve at room temperature with lettuce and fresh fruit. Serve either as a side dish or main dish with crusty bread or crostini. Add to rice and stuff zucchini, tomatoes or acorn squash. Add to a cassoulet. Flageolets are enhanced by leek, parsley and fenugreek -path]
- NOTES : Although flageolets come in several colors, the most commonly available is a very pale green. These beans are a staple in many French dishes. They have a delicate flavor that is enhanced by the subtlety of a mirepoix, a classic aromatic mixture used as seasoning in French cooking. A mirepoix is made up of equal parts of finely diced celery, carrots and onions and an herb, such as marjoram, thyme, parsley or tarragon, cooked very slowly in a bit of butter.

French Bread with Goat Cheese and Sun-Dried Tomato Spread



Yield >

1

Keys : Game Meats French France European Mediterranean

Ingredients :

1	pkt	soft fresh goat cheese (such as Montrachet) (11-ounce)
2 / 3	cup	chopped walnuts
1 / 2	cup	chopped drained oil-packed sun-dried tomatoes
4	tsp	minced fresh thyme or 1 teaspoon dried crumbled
1 / 4	cup	sour cream (about)
		Minced fresh thyme
		Chopped walnuts
2	x	French bread baguettes sliced

Method :

- Mix first 4 ingredients in bowl. Thin to spreadable consistency with sour
- cream. Season with generous amount of pepper. Mound cheese in crock or bowl. (Can be prepared 2 days ahead. Cover and chill. Bring to room temperature before serving.)
- Sprinkle cheese with thyme and walnuts. Serve with bread.
- Serves 8.

French Country Pot Pie Sweet Lorraine's



Yield > 6 servings

Keys : French France European Mediterranean

Ingredients :

1	box	puff pastry with sheets cut into 12 5 inch circles
1	tbl	butter
1	tbl	olive oil
1/2	cup	diced onion
1	x	(6-oz.) bag small, whole baby carrots
1	cup	frozen peas, defrosted
2	med	-sized Yukon gold potatoes, unpeeled, cut into 1 inch chunks and
		steamed until fork tender
1	cup	cooked, cubed chicken
		Mustard sauce (see below)
1	cup	shredded havarti cheese

Method :

- Six 1 1/2 cup size ramekins or soup bowls, lightly oiled
- Put butter and olive oil in medium-sized skillet and saute onions until just golden. Add vegetables and chicken and stir until heated through. Add mustard sauce, stir, then add cheese and stir to combine.
- To prepare personal pot pies, lightly oil individual 1 1/2 cup to 2 cup gratin dishes or ramekins and place 1 puff pastry circle in the bottom of each ramekin. Divide filling equally between dishes, then place another puff pastry circle on top. Bake at 350 F. for 20 minutes or until browned and bubbly. Place ramekin on plate and serve.
- Makes 6 servings.

French Cream of Lettuce Soup - (Soupe De Laitue)



Yield > 6

Keys : Soups Stews French France European Mediterranean

Ingredients :

4	tbl	butter
2	x	garlic cloves minced fine

Method :

- Heat butter in a large saucepan, then saute garlic, parsley, tarragon, and onion until the onion is transparent. Add the lettuce and watercress, and stir over low heat for 5 minutes. Stir in the beef stock and simmer uncovered for 30 minutes.

2	tbl	minced parsley
1	tbl	minced fresh tarragon
1	cup	chopped onion
2	cup	finely-shredded romaine lettuce
1	cup	finely-chopped watercress
4	cup	beef or vegetable stock
2	x	egg yolks
2	cup	light cream
		Salt to taste
		Freshly-ground black pepper to

- When ready to serve, beat the egg yolks and the cream together with several tablespoons of the hot soup, then pour in, stirring constantly over low heat until the soup thickens slightly. Stir in salt and pepper and serve immediately.
- Comments: Sounds bland, but isn't. This savory and attractive French first-course soup for 6 has a wonderful consistency and is distinctive enough to set up strongly flavored courses; silken enough in texture to make you champ at the bit to eat more.

French Dressing with Homemade French Dressing Mix



Yield > 1 Servings

Keys : Homemade Condiments French France European Mediterranean French

Ingredients :

Method :

- Combine ingredients in a glass jar. Shake until well blended. Chill before serving.

		Mix
3 / 4	cup	Vegetable oil

- Makes about 1 1/4 c .

French Fried Lobster



Yield >

6

Servings

Keys : Fish Seafood Bahamian Bahamas Central American Carribean French France European Mediterranean

Ingredients :

6	whl	lobster tails
2	x	Eggs
1	cup	Milk
4	oz	Butter
		Cracker meal
		Salt and pepper
		Lime juice (6 limes)
		/2 c evaporated milk
1	tbl	Grated coconut

Method :

- Break the shells on the back of the tails. Remove meat from tail. Cut lengthwise on undersides and remove vein. Wash in col water. Beat with a dull knife until tender. Place on a baking sheet lined with foil and season thouroughly. Sprinkle with lime juice. Leave to stand for 2 hours. Crush crackers. Beat eggs and milk together. Dip crawfish in egg mixture and roll in cracker crumbs. Fry in deep fat until golden brown. Place crawfish on baking sheet and baste with butter-lime mixture. Bake at 200F for 45 minutes. Serve Immediately
- Serve with a salad as a light lunch or use as an appetizer with Devil's sauce.
- NOTES : Use saltine cracker for the cracker meal.

French Fried Shoestring Potatoes



Yield >

100

Servings

Keys : Tubers Root Vegetable French France European Mediterranean

Ingredients :

30 lb POTATOES FRENCH FZ

Method :

- 1. USE FROZEN SHOESTRING POTATOES.
- 2. PLACE POTATOES ON SHEET PANS; BAKE AT 450 F OVEN 12 MINUTES OR UNTIL GOLDEN BROWN.
- 3. SERVE IMMEDIATELY.
- SERVING SIZE: 3/4 CUP

French Fritters (Beignets)



Yield >

12

Servings

Keys : Breads French France European Mediterranean French

Ingredients :

1	cup	Water
1 / 2	cup	Butter
1 / 4	tsp	Salt
1	cup	Sifted enriched flour
4	x	Eggs

Method :

- Heat water, fat, and salt to boiling. Simmer until fat has melted. Reduce heat as much as possible without eliminating it altogether. Add flour all at once. Stir briskly until mixture forms a ball that no longer leaves the side of the saucepan, but no longer. Remove from heat. Add eggs one at a time, beating after each addition until mixture is stiff and glossy. Drop by spoonful into deep, hot fat (370) and cook until delicately brown. As soon as they are cooked enough on one side, they will turn themselves over.
- Remove when browned on both sides. Drain and sprinkle lightly with powdered sugar. If desired, cut a split in each and stuff with marmalade or chocolate filling.

French Lemon Custard Creme Brulee



Yield >

6

Keys : Desserts Citrus French France European Mediterranean

Ingredients :

6	x	egg yolks
2	x	eggs
1	cup	granulated white sugar
1/4	cup	fresh lemon juice
		Finely-grated zest of 2 lemons
2	cup	heavy cream
1/4	cup	granulated white sugar (for caramelized tops)
		Lemon peel for garnish

Method :

- Preheat oven to 300 degrees. In a large bowl, combine yolks, eggs, and sugar. Whisk until smooth. Stir in lemon juice, zest, and cream. Allow oils from the zest to seep into the custard mixture for about 10 to 15 minutes. Strain into a large bowl, skimming off any foam or bubbles.
- Divide mixture among 6 ramekins or custard cups. Place in a water bath, and bake until set around the edges, but still loose in the center, about 40 to 50 minutes. Remove from oven and leave in the water bath until cooled. Remove cups from water bath and chill for at least 2 hours, or up to 2 days.
- When ready to serve, sprinkle about 2 teaspoons of sugar over each custard. For best results, use a small, handheld torch to melt sugar. If you don't have a torch, place under the broiler until sugar melts. Re-chill custards for a few minutes before serving. Garnish with thin strips of fresh lemon peel.
- This recipe yields 6 servings.

French-Like Chicken and Goat Cheese Tortillas



Yield >

4

Keys : Main Dish Poultry Game Meats Chicken Md Cheese Oven
French France European Mediterranean

Ingredients :

2	cup	seedless red or green grapes washed, chopped
1 / 2	cup	toasted chopped walnuts
1 / 4	cup	chives
8	oz	soft goat cheese like Montrachet room temperature
1 / 2	cup	chopped fresh parsley
1	tsp	dried thyme
		Salt to taste
		Freshly-ground black pepper to taste
		Dijon mustard to taste
1	tbl	fresh lemon juice - (to 2)
4	tbl	melted butter
8	x	flour tortillas
2	cup	shredded roasted or other cooked chicken

Method :

- Preheat the oven to 450 degrees. Combine the grapes, walnuts and chives and set aside.
- Combine the goat's cheese with the parsley and thyme and season well to taste with salt and pepper.
- Mix a tablespoon or more of mustard and the lemon juice in the melted butter and brush some of this mixture over each tortilla. Set them on a baking sheet and top with some chicken and goat's cheese. Bake for 5 minutes or until warmed throughout and cheese has melted somewhat.
- Remove from oven, fold in half and serve topped with the grape, walnut and chive mixture.
- This recipe yields 4 servings.

French Market Almond Torte



Yield >

6

Servings

Keys : Cajun Desserts Nuts Jewish Jewish Kosher French France European Mediterranean

Ingredients :

8	tbl	Butter or pareve margarine
1	cup	Light brown sugar
1 / 2	tsp	Almond extract or flavor
1	x	Egg
5	tbl	Flour
1 / 2	cup	Pecans, chopped
1 / 2	cup	Almonds, chopped
1	cup	Heavy whipped cream

Method :

- Cream butter and sugar; add almond flavor, egg and flour. Blend well and add nuts. Shape into roll, wrap in foil, and place in freezer. When ready to serve, thaw abt. 30 min.. Slice 1" thick and top with whipped cream.
- Decorate with slivered almonds or additional chopped pecans.

French Market Beignets

Yield >

36

Servings

Keys : Breads French France European Mediterranean Hot

Ingredients :

1	pkt	Dry yeast
1 / 4	cup	Very warm water
1 / 4	cup	Sugar
1 / 2	tsp	Each salt and nutmeg
1	x	Egg, beaten
3 / 4	cup	Canned evaporated milk
2	tbl	Vegetable oil or shortening
3 1 / 2	cup	All-purpose flour

Method :

- Makes about 36
- Oil for frying Powdered sugar
- Dissolve yeast in the water, add sugar, seasonings, egg, evaporated milk, oil, and flour. Beat well until smooth. Cover with plastic wrap and let rise in a warm place until doubled.
- Punch down, knead 4 or 5 times, and roll into a long, 18 by-12-inch rectangle 1/8-inch thick. Cut into rectangles 3 by 2 inches, cover lightly with plastic, and let rise again about 20 minutes.
- Heat oil in a wok or heavy skillet to 365 F and fry 2 or 3 at a time until the beignets puff and turn golden brown on both sides. Drain on paper towels. Drop them in a paper bag filled with powdered sugar and shake until coated. Serve hot.
- I Hear America Cooking

French Market Meat Loaf



Yield >

8

Keys : Main Dish Meatloaf French France European Mediterranean

Ingredients :

1	pkt	Cajun sausage links - (8 oz) diced
1	med	onion diced
1	sm	green bell pepper diced
2	x	garlic cloves minced
2	tsp	salt
1	tsp	freshly-ground black pepper
1/2	tsp	dried thyme
1/2	tsp	dried oregano
2	lb	ground beef
1/2	cup	beef broth
1/2	cup	tomato sauce
1/4	cup	soft breadcrumbs
1	lrg	egg lightly beaten
		Tomato Gravy (see recipe)

Method :

- Cook first 8 ingredients in a large nonstick skillet over medium-high heat, stirring often, 10 minutes or until vegetables are tender. Drain on paper towels; cool.
- Stir together ground beef and next 4 ingredients in a large bowl; stir in sausage mixture. Shape meat mixture into an 11 1/2- by 4-inch loaf; place in a lightly greased aluminum foil-lined 15- by 10-inch jellyroll pan.
- Bake at 375 degrees for 50 minutes or until meat mixture is no longer pink in center; drain meat loaf, and let stand 10 minutes. Serve with Tomato Gravy.
- This recipe yields 8 to 10 servings.

French Meringue Strips



Yield >

1

Servings

Keys : Cookies Desserts French France European Mediterranean**Ingredients :**

3	cup	Pillsbury Best All Purpose Flour*, sifted
3 / 4	cup	Sugar
1 / 2	tsp	Salt
1	cup	Butter, softened
2	x	Egg yolks, beaten slightly
		Water to measure 1/3 cup
2	tsp	Sugar
1 / 2	tsp	French's Cinnamon
1	cup	Funsten's Almonds, chopped
MERINGUE		
2	x	Egg whites
1 / 8	tsp	French's Cream of Tartar
2	cup	Confectioners' sugar, sifted
1	tsp	French's Vanilla

Method :

- BAKE at 350 degrees for 10 to 15 minutes.
- MAKES 8 dozen cookies. Sift together flour, 3/4 cup sugar, and salt into large bowl. Cut in butter until particles are fine. Place beaten egg yolks in measuring glass and add enough water to equal 1/3 cup. Sprinkle gradually over flour mixture, stirring with fork until dough is moist enough to hold together. Form into a ball. Chill while preparing meringue. Meringue**: Beat 2 egg whites with 1/8 teaspoon French's Cream of Tartar until soft mounds form. Gradually add confectioners' sugar; continue beating until stiff. Stir in vanilla. Roll out dough on floured surface to 20 x 15-inch rectangle. Spread with meringue. Combine 2 teaspoons sugar, cinnamon and almonds. Sprinkle over meringue. Press in slightly with spatula. Cut into 3 x 1-inch bars. Place on ungreased baking sheets. Bake in moderate oven (350 degrees) 10 to 15 minutes until delicately browned. *For use with Pillsbury's Best Self-Rising Flour, omit salt; decrease baking time to 8 to 10 minutes.
- **Dough and Meringue may be covered tightly and stored in refrigerator up to 4 days.
- Contest.

French Omelette with Melted Cheese and Croutons



Yield >

1

Servings

Keys : Eggs French France European Mediterranean

Ingredients :

3	x	Eggs
1	x	Walnut sized piece of butter
1	oz	Grated gruyere or cheddar cheese

FOR THE CROUTONS

1 / 2	slc	White bread
1	tbl	Oil

Method :

- French omelettes are quite thick, so the size of the pan is important, for a 3 egg omelette you need a 5-inch frying pan, 10-inches for a 6 egg omelette and so on.
- Cut the bread into small squares of about half to quarter of an inch. Fry them in oil gently and remove from the pan as soon as they turn golden.
- Wipe the pan out and put in the butter.
- In a bowl lightly beat the three eggs. Heat the butter until it hisses. The moment it stops hissing pour in the three beaten eggs and with the back of a fork, scramble them in the hot butter for about a minute until all the egg is cooked.
- When it looks sort of soft scrambled add the cheese, sprinkle over the croutons and season.
- While the middle is still a little moist, fold it with a palette knife or fork and tip it onto a warm plate.
- The omelette will go on cooking for another 35 seconds to a minute after you have taken it out so unless you like egg shoe leather, take it out of the pan just before it is cooked.
- It is a wonderful omelette, slightly soft in the middle, crunchy and cheesy.
- /EGGS

French Onion Soup (Au Pied De Cochon Restaurant)



Yield >

6

Servings

Keys : Cheese Eggs Poultry French France European Mediterranean

Ingredients :

2	tbl	Unsalted butter
1 / 4	cup	Vegetable oil
3 1 / 2	lb	Onions, thinly sliced
2	cup	Dry wine
6	cup	Chicken stock or canned
1	x	Low-salt broth
12	x	1/2-inch thick french bread
1	x	Baguette slices, toasted
1	cup	Gruye're cheese (about 4 oz)

Method :

- Melt butter with oil in heavy large pot over medium heat. Add onions, cover and cook until lightly colored, stirring occasionally, about 45 minutes.
- Add wine and bring to boil, scraping up any browned bits. Cook 5 minutes.
- Add browned bits. Cook 5 minutes. Add stock and bring to simmer. Simmer uncovered 1-1/2 hours. Season to taste with salt and pepper. Can be prepared 1 day ahead. Cover and refrigerate. Bring to simmer before continuing. Preheat broiler. Ladle soup into boilerproof bowls. Top with slices of toasted French bread. Sprinkle with grated Gruyere cheese. Broil until cheese melts. Serve immediately.
- Restaurant Recipes Volume II

French Pate Sucree Dough



Yield >

1

Crust

Keys : Cakes Breads French France European Mediterranean

Ingredients :

1	cup	Unbleached all purpose flour
3	tbl	Sugar
1 / 2	tsp	Salt
1 / 2	cup	(1 stick) chilled unsalted butter, cut into pieces
2	lrg	egg yolks, beaten to blend

Method :

- Combine first 3 ingredients in bowl; stir to blend. Add butter and cut in, using pastry blender or fingertips, until mixture resembles coarse meal.
- Add yolks; stir with fork until moist clumps form. Gather dough into ball; flatten into disk. Wrap dough in plastic; chill until firm, about 30 minutes. (Can be made 3 days ahead. Keep chilled. Let soften slightly at room temperature before using.)

French Pear Cream Dessert



Yield >

8

Keys : Desserts Fruit Vegetarian Low Calorie Fat Free Diet French France European Mediterranean

Ingredients :

12	x	Graham Crackers (2 1/2-Inch Square)
2	cup	Pear Halves (1 16-Ounce Can)
		Packed In Fruit Juice, Drained
		And Liquid Reserved
1	pkt	Jello Sugar-Free Instant Vanilla Pudding (4-Serving)
		Mix
2/3	cup	Carnation Nonfat Dry Milk Powder
		Water
1/2	tsp	Brandy Extract
1/4	cup	Raspberry Spreadable Fruit Spread
1	cup	Cool Whip Lite

Method :

- Evenly arrange 9 of the graham crackers in a 9x9-inch cake pan. Coarsely chop pears and evenly sprinkle over graham crackers. In a medium bowl, combine dry pudding mix and dry milk powder. Add enough water to reserved pear juice to make 1 cup liquid. Add liquid to pudding mixture. Mix well using a wire whisk. Blend in brandy extract, raspberry spreadable fruit, and 1/4 cup of the cool whip lite. Spread pudding mixture evenly over pears. Refrigerate 30 min. Spread remaining 3/4 cup cool whip lite evenly over filling. Crush remaining 3 graham crackers. Sprinkle crumbs evenly over the top. Cover and refrigerate at least 2 hours. Cut into 8 equal servings.
- Variation: try substituting bananas, sugar-free banana pudding, 1 cup water, and 1/2 tsp. Banana extract for the pears, sugar-free vanilla pudding, 1 cup water/fruit juice mix, and brandy extract.

French Pork Chops Baked with Cabbage

Yield >

1

Keys : Meats French France European Mediterranean

Ingredients :

6	qt	water
		salt
3	lb	cabbage finely chopped (8c)

Method :

- 3 TBSP. butter
1/2 cup finely chopped green onions freshly ground black pepper
8 loin pork chops - no bone thin 3 TBSP. oil
1/2 C. dry white wine
1 cup heavy cream
Parmesan cheese - grated
dry bread crumbs
- Bring water, 3 T. salt to a bubbling boil, Boil cabbage 5 minutes. Drain, cabbage thoroughly in sieve or colander. In a 10-12 inch skillet, melt 2 T. of butter over moderate heat. When foam subsides, cook the onions and garlic, stirring constantly for 3 or 4 minutes, or until they are soft. Stir in the cabbage, 1/2 tsp. salt and a few grindings of pepper, cook stirring frequently for 5 minutes, or until almost all of the moisture in the pan has evaporated, then set aside. Season pork chops with salt and pepper. Melt 1 TBSP. of butter with oil over moderate heat. Brown chops about 3 minutes on each side. Then set them aside. Pour off almost all fat from skillet, leaving only a thin film on the bottom.
- Add the wine and boil rapidly until color is golden brown and wine has reduced to 1/4 cup. Mix the reduced wine into the cabbage. Spread about 1/2 of the cabbage in the bottom of a heavy flameproof casserole at least 4 inches deep, large enough to hold 6 chops in single layer, chops on top of cabbage. Add another layer of cabbage, more chops, finish with rest of the cabbage. Preheat oven to 350 degrees. In a small saucepan scald the cream by heating it over moderate heat until tiny bubbles form around the edge of the pan. Pour the hot cream over cabbage and pork. Then cook in oven 1 hour with cover on dish. Remove cover, sprinkle cabbage with cheese (layer from side to side). Then put crumbs over cheese. Bake casserole for 30 minutes longer or until the top is browned and crusty. Then serve.
- Margaret Wade, Garland, Texas
Ethnic State Fair

French Prune Aperitif Wine

Yield > 1 Servings

Keys : Beverages Drinks Alcoholic French France European Mediterranean

Ingredients :

1/2	lb	French or Italian sugar plums
1/2	cup	Powdered sugar
1/2	cup	Cognac or brandy
1 1/2	x	(750 ml) bottles Rhone-style red wine

Method :

- A friend in France serves this wine as an aperitif in winter. It is very warming on a cold night and carries the scent of the summer prune plum.
- Rinse and carefully dry plums. Put in a clean glass jar and sprinkle with 1/4 cup of the powdered sugar and the Cognac. Cover and let the mixture stand for 5 days in a cool, dark place, turning the jar occasionally. At the end of the 5 days, add wine. Cover and let stand another 5 days, turning occasionally.
- Remove fruit from the jar and crush it to extract all the juice. Discard pits and skin. Return juice and pulp to wine mixture and filter it into bottles. (A coffee filter or doubled cheesecloth in a funnel works quite well.) Cork the bottles and store in a cool dark place or in the refrigerator.

- Makes two 750-milliliter bottles.

French Prunes in Armagnac



Yield >

1

Servings

Keys : Desserts French France European Mediterranean

Ingredients :

1	lb	French prune plums *
2 / 3	cup	Sugar
1 1 / 2	cup	Armagnac or other brandy

Method :

- * Also called sugar plums, wild plums or red or black currants (2 cups)
- According to Catherine Brandel of Chez Panisse Cafe nothing could be simpler than prunes packed in Armagnac. Use the best Armagnac or brandy you can afford
- Put the clean, unblemished fruit in clean jar. Cover with the sugar and the Armagnac and put it in a dark place or in the refrigerator. Turn the jar every day or so until the sugar has completely dissolved.
- After 2 weeks the fruits will be ready to use, but they will also improves over time.
- Makes approximately 1 pint.
- Uses: Add to dishes such as grilled squab or warm duck salads.

French Quarter Chocolate Torte



Yield >

8

Servings

Keys : French France European Mediterranean

Ingredients :

1 / 4	cup	Light molasses
1 / 4	cup	Dark corn syrup
1 / 4	cup	Firmly packed brown sugar
1	tsp	Instant coffee powder, dissolved in 1 tablespoon hot water
2	tbl	Bourbon whiskey
1	tsp	Vanilla
2	x	Egg yolks
1 / 2	cup	Finely ground almonds
1	cup	Fresh bread crumbs, finely ground
1 / 3	cup	Dutch process cocoa
4	x	Egg whites, at room temperature
1 / 4	tsp	Cream of tartar

Method :

- Preheat oven to 350 degrees. Line 9" springform pan with parchment paper; spray lightly with cooking spray. In small saucepan, combine molasses, corn syrup, brown sugar, diluted coffee, bourbon and vanilla extract. Stir well and place over medium heat. Cook 1 to 2 minutes or until melted and syrupy.
- Do not boil. Remove from heat. In small bowl with mixer at medium speed, beat egg yolks about 2 minutes or until thick and lemon-colored. Slowly beat molasses syrup into yolks, continue beating until mixture is consistency of thick cream. In another small bowl, stir together almonds and bread crumbs. Sift cocoa powder into crumb mixture, stir to mix well.
- With rubber spatula, fold cocoa mixture into yolk mixture. Beat egg whites until frothy. Add salt and cream of tartar. Increase speed and beat until stiff peaks form. Fold 1/3 egg whites into cocoa mixture. Gently fold in remaining whites. Spoon batter into prepared pan. Bake on middle rack of oven for 20 to 25 minutes, or until a thin skewer comes out fairly clean.
- Remove from oven and let cool completely. Remove from pan, peel off paper and sift confectioner's sugar over top of cake.

French Style Veal Cutlets



Yield >

4

Keys : Meats Beef Veal French France European Mediterranean French

Ingredients :

1	lb	Veal Cutlet, thinly sliced
1 / 2	tsp	Salt
1 / 8	tsp	Pepper
2	tbl	Corn Oil, to 4 tablespoons
1 / 4	lb	Mushrooms, sliced
1	x	Chicken Bouillon Cube
1 1 / 4	cup	Water
1 / 4	cup	Dry White Wine
1	tbl	Cornstarch
1 / 4	cup	Water

Method :

- With meat mallet, pound veal cutlets to 1/4" thickness; cut into serving size pieces.
- Sprinkle with salt and pepper.
- In large skillet, heat 2 Tbsp. corn oil over medium heat.
- Add veal slices, a few at a time, so that pieces do not touch. Cook 8 to 10 minutes or until veal is lightly browned on both sides. Remove from skillet; keep warm.
- If necessary, add 1 to 2 more tablespoon corn oil to pan; heat over medium heat.
- Add mushrooms and saute 3 to 4 minutes or until tender. Remove to platter with veal.
- To pan add bouillon cube and 1 1/4 cups water. Bring to boil, stirring to dissolve bouillon.
- Add wine and boil 1 minute.
- Stir together cornstarch and 1/4 cup water. Gradually stir into hot liquid in skillet. Stirring constantly, bring mixture to boil over medium heat and boil 1 minute.
- Serve gravy over cutlets.

French Toast a Little Diabetic Friendly



Yield >

1

Keys : French France European Mediterranean

Ingredients :

1	loaf	Arnold's oat nut bread
6	x	eggs
1	cup	milk
1	tsp	vanilla extract
		a shake of ground nutmeg
1	pkt	sweet and low or Equal
1 / 4	tsp	cinnamon
		oil for frying
		butter

Method :

- Beat together eggs ,milk, extract, nutmeg , cinnamon, and sweetener. Dip in the bread and fry til golden. Make a topping using 3-4 parts of Nutrasweet Spoonful mixed with 1 part cinnamon to sprinkle over it and top off with butter and sugar-free pancake syrup.

French Toast with Brandied Lemon Butter



Yield >

6

Servings

Keys : Breakfast Citrus French France European Mediterranean

Ingredients :

4	x	Eggs
2	tbl	+ 1 ts sugar
1 / 2	tsp	Salt
1	cup	Whole milk
1 / 4	tsp	Vanilla extract
12	x	Thick slices of bread that Have been cut and left out Overnight to dry out
		Butter
		Powdered sugar, optional

BRANDIED LEMON BUTTER

1 / 2	cup	Butter
1	cup	Sugar
		Juice of 2 lemons
4	tsp	Grated lemon rind
3	oz	Brandy or rum

Method :

- In a shallow dish,beat eggs,sugar,salt,milk and vanilla.Soak bread in the mixture.Heat butter over medium high heat and cook each slice until slightly brown on each side.Serve with maple syrup or brandied lemon butter and lemon slices.Sprinkle with powdered sugar,if desired.
BRANDIED LEMON BUTTER Melt butter over low heat.Spoon off any foam that forms.Pour into a dish,leaving behind any sediment in the pan.Wash pan,pour in the clarified butter and sugar.Stir constantly until sugar dissolves.Add rind,juice and brandy and stir until smooth.Pour over hot French toast.

French Toast with Cinnamon-Maple Syrup



Yield >

2

Keys : Breakfast Brunch Main Dish Spices French France European Mediterranean

Ingredients :

1	cup	pure maple syrup
1	tbl	butter
2	tsp	ground cinnamon
3	lrg	eggs
1	cup	whipping cream or half-and-half
2	tsp	vanilla extract
4	slc	egg bread, 3/4" to 1" thick
		Additional butter for cooking

Method :

- Bring syrup, 1 tablespoon butter and 1 teaspoon cinnamon to boil in medium saucepan. Boil for 2 minutes. Cool.
- Whisk eggs, cream, vanilla, 3 tablespoons maple syrup mixture and remaining 1 teaspoon cinnamon in bowl.
- Place bread slices in large baking dish. Pour egg mixture over; turn to coat. Pierce bread in several places with fork. Let stand 5 minutes.
- Melt 1 tablespoon butter in large skillet over medium heat. Add bread and cook until brown, about 3 minutes. If needed, add more butter to skillet; turn over bread and cook until brown, about 3 minutes. Transfer to plates.
- Serve with remaining syrup.
- This recipe yields 2 servings.

French-Trimmed Rack of Lamb with Spiced Berry Sauce



Yield >

4

servings

Keys : Meats Berry Berries French France European Mediterranean

Ingredients :

2	x	French-trimmed racks of New Zealand Lamb, weighing approximately 300g (10 1/2 oz) each
		Salt and freshly ground black pepper
THE SPICED BERRY SAUCE		
1	x	75 millilite Green Spiced Berry Cordial, (5tbsp)
10	ml	Waitrose Wholegrain Mustard, (2tsp)
75	ml	Waitrose Red Wine Vinegar, (5tbsp)
3	x	Shallots, peeled and finely chopped
15	x	0 g, (5 1/2 oz) Waitrose Frozen Black Forest Fruits, thawed

Method :

- Place the lamb in a roasting dish, season with salt and pepper.
- Combine all the sauce ingredients and pour over the lamb.
- Place in a preheated oven 230 C, 450 F, gas mark 8 for 20-30 minutes or until thoroughly cooked.
- It may be necessary to cover the top lightly with foil for the last 5 minutes to stop the fruit from browning. Serve with boiled new potatoes and broccoli florets.
- **NOTES :** The New Zealand Way Fern Leaf Brand is awarded only to those companies whose products meet the highest standards of excellence and is your assurance of outstanding quality.

French Twist New England Boiled Dinner



Yield >

4

Servings

Keys : Main Dish Pork Chicken Meats Poultry French France
European Mediterranean English England Uk British

Ingredients :

1	lb	Head of green cabbage
1	lb	Smoked shoulder or butt
		Pork
4	med	potatoes -- peeled
4	lrg	carrots -- trim &
		Scrape
2	x	Leeks -- trimmed & well
		Wash
4	x	Ribs celery -- trimmed and
		Tied
1	x	Onion*
2	whl	cloves
2	tsp	Allspice
2	sprg	fresh thyme
1	tsp	Dried thyme
1	x	Bay leaf
6	x	Peppercorns
		Salt to taste
4	x	Chicken legs and thighs
		OR

Method :

- *Peel onion but leave stem on, press cloves into onion. Remove and discard any tough outer leaves on the cabbage, quarter and remove the core. In large kettle, combine the pork butt, potatoes, cabbage, carrots, leeks, celery, onion, allspice, thyme, bay leaf, and peppercorns. Cover with water, add salt to taste. Cover, bring to a boil, reduce heat and simmer for 20 minutes. Add the chicken and simmer for 15 minutes more.
- author: "In my recipe, smoked shoulder or butt of pork is combined with winter vegetables and chicken. The smoked pork is already cooked, which greatly reduces boiling time. The chicken legs and thighs go in last because they cook quickly. Serve guests a little of each ingredient along with Dijon-style mustard, grated horseradish and cornichons. A mixed green salad is all you need on the side."
- Franey"

French Vanilla Ice Cream



Yield >

1

Servings

Keys : Ice Creams Frozen Desserts French France European Mediterranean

Ingredients :

1 / 2	cup	Sugar
1 / 4	tsp	Salt
1	cup	Milk
3	x	Egg yolks, beaten
1	tbl	Vanilla
2	cup	Whipping cream

Method :

- Mix sugar, salt, milk and egg yolks in 2-quart saucepan. Heat just to boiling over medium heat, stirring constantly. Pour into bowl. Cover and refrigerate about 2 hours or until cold. Stir in vanilla and whipping cream. Pour into ice-cream freezer. Freeze according to manufacturer's directions.
- YIELD: 1 quart

French West Indian Sauce Chien (Dog Sauce)



Yield >

1

servings

Keys : French France European Mediterranean Indian India Asian

Ingredients :

3	x	Cloves garlic, peeled
---	---	-----------------------

Method :

- Yesterday's NYTimes had 4 bbq sauce recipes from various places around the world - French West Indies, Spain, Georgia (the one near Russia), and Viet of section F. Here are the recipes:
Time: 10 minutes

2	med	Shallots, peeled and quartered
1	x	Scotch bonnet or habanero chili, seeded and quartered
2	tsp	Chopped fresh ginger
1/2	cup	Flatleaf parsley leaves
1/4	cup	Chopped fresh chives or scallion greens
1/2	tsp	Fresh or dried thyme
1	x	Scant teaspoon salt, or more, to taste
1/2	tsp	Freshly ground black pepper
1	pch	Ground allspice
1/3	cup	Fresh lime juice, or more, to taste

- 1. Finely chop the garlic, shallots, chili, ginger, parsley and chives in a food processor. Add remaining ingredients, and process just to mix. Add 1/4 cup boiling water, and process to mix. Run the machine in short bursts until you have a coarse puree. If desired, add more salt or lime juice, to taste. The sauce can be served immediately, but it becomes more flavorful if you let it sit for an hour.
- Yield: about 2 cups.

French Wraps Chicken Crepe



Yield >

1

Keys : Poultry French France European Mediterranean

Ingredients :

2 1/2	tbl	unsalted butter
8	oz	fresh mushrooms, cut into 1/4 inch slices (2 to 2 1/2 cups sliced)
1	tbl	finely diced onion
1	tbl	finely chopped fresh parsley
1	x	clove garlic, finely chopped
1/2	tsp	dried thyme
1/2	tsp	salt or to taste
1/2	tsp	ground pepper or to taste
1	lrg	pinch dried rosemary
1	pch	ground nutmeg
1	sm	bay leaf

Method :

- Melt the butter in a large, heavy skillet over medium-high heat. Add the mushrooms and onion and saute until they are soft and give off their moisture but have not begun to brown or color. Add the parsley, garlic, thyme, salt, pepper, rosemary, nutmeg and bay leaf. Cook for 1 to 2 minutes, stirring constantly.
- Remove the pan from the heat and sift in the flour, stirring to create a roux or thick paste. Return to the heat and continue to cook, stirring constantly, for 2 to 3 minutes. Remove from heat again and slowly stir in the white wine and sherry. Return to heat and continue to stir. (This also will deglaze the pan, removing any brown bits or food stuck to the pan.) Stir in the milk. Continue to stir until the mixture thickens, about 5 minutes.
- Add the diced chicken and lemon juice. Bring the mixture just to the boil.
- Reduce to medium-low and simmer, stirring, until the chicken is heated through.
- To serve, place 1 crepe on each dinner plate. Spread 3 to 4 tablespoons of hot rice in a band across the middle of each crepe. Top the rice with the chicken mixture. Fold the uncovered "sides" of each crepe over the filling. Bon appetit!

1 / 4	cup	all-purpose flour
1 / 4	cup	dry white wine
1 1 / 2	tsp	dry sherry
1 / 3	cup	milk, half-and-half or cream
1	cup	diced cooked chicken
		Few drops of fresh lemon juice
6	lrg	homemade crepes (see note)
1	x	to 1 1/2 cups hot cooked

- Note: At French Wrap, Thierry Moine makes large buckwheat crepes for his savory dishes. You can substitute your favorite recipe for all-purpose-flour crepes or buy large flour tortillas for a south-of-the-border touch. Created by Dray Nuttall for French Wrap

Frenchs Chili O with a Kick

Yield >

1

Keys :

Ingredients :

2	pkt	of French's Chili-O
		Chili Powder
		Cumin
2	lb	of ground beef
2	can	of red kidney beans
2	can	Rotel tomatoes and peppers
		Water
1	x	splash of ketchup

Method :

- Brown meat and stir in both packs of seasoning. Add beans and tomatoes and a cup of water. Bring to a boil, stirring frequently. Lower heat to medium and simmer a few hours uncovered. Add a splash of water when chili gets too thick, and simmer some more. After about thirty minutes, add a few shakes of cumin and chili powder, and repeat every thirty minutes. Before serving, splash some ketchup in to allow "mellowing" effects. Serve with tortilla chips and forget the silverware.

Frozen Zabaglione



Yield >

6

Servings

Keys : Eggs French France European Mediterranean

Ingredients :

1	cup	Water plus
2	tbl	Water
1 1/2	cup	Sugar
8	x	Egg yolks
2 1/4	cup	Whipping cream
1/2	cup	Light Puerto Rican rum

Method :

- Combine the water and sugar. Let the sugar first dissolve over low heat, stirring to prevent it from sticking from the bottom. Then bring to a boil and simmer for 5 minutes. Remove from heat. Beat the egg yolks at medium speed, slowly adding the hot syrup. Beat until thick, fluffy and almost white in color. Whip the cream until it is thick and will stand in soft mounds. Fold the whipped cream and rum into the egg mixture. Fill into individual coupe, parfait or glass bowls. Freeze until firm.
- DANNY'S
- WINE: CHATEAU D'YQUEM, SAUTERNES

Galatoire's French Fried Eggplant

Yield >

4

Servings

Keys : Vegetables Appetizers French France European Mediterranean

Ingredients :

Method :

- 1 Lg Long eggplant Salt 1 Egg White pepper to taste 3/4 c Milk Oil for deep frying Flour Powdered sugar
- Peel eggplant and cut to size of large French fries. Soak 30 minutes in salted water. Rinse and pat dry. Make a batter with egg and milk and season well with salt and pepper. Dip eggplant into batter, roll in flour and deep fry until golden. Sprinkle with additional salt and serve with powdered sugar.
- Serves 4 as hors d'oeuvre with cocktails, or as vegetable with entree.

Gambettes De Volaille



Yield >

6

Servings

Keys : Poultry French France European Mediterranean

Ingredients :

3 / 4	cup	Skinned and boned lean chicken meat
		Salt
		Freshly ground white pepper
1	pch	Freshly grated nutmeg
3 / 4	cup	Whipping cream
4	lrg	Chicken legs (including thigh), boned
		Freshly ground black pepper
2	cup	Chicken stock (see recipe)
3	tbl	Cognac
1 / 2	cup	Sauterne
4	tbl	Unsalted butter
		Chopped fresh parsley

Method :

- Place the chicken meat in the bowl of a food processor fitted with a steel blade. Coarsely chop the meat. Season with salt, white pepper, and nutmeg.
- With the machine running, slowly pour the cream through the feed tube. The mixture should be smooth and well-blended. Place in a bowl, cover with plastic wrap and chill. Sprinkle the chicken leg cavity (from which the bones were removed) with salt and black pepper. Stuff with the chicken meat mixture, reconstructing as closely as possible the shape of the leg and thigh. Wrap each stuffed leg in aluminum foil, twisting the ends to prevent stuffing from escaping. Preheat oven to 180. Place the wrapped legs in a 2-quart stainless steel pot. Add the stock, Cognac and sauterne. Gradually bring to a boil. Cover, lower heat and simmer 15 minutes. Turn the wrapped legs over, recover pot and cook another 15 minutes. The legs should be just covered with liquid. Remove the legs from the pot and place on a platter.
- Keep warm in preheated oven. Reduce the liquid in the pot over medium-high heat to 1/4 cup or until syrupy. Remove from heat and add butter in small pieces, whisking vigorously. Add more butter only after the previous addition has been absorbed. Add any juices that have accumulated on the platter in the oven. Taste the sauce and add more salt and black pepper if needed. Unwrap the chicken legs and place on a heated serving platter. Pour the sauce over and sprinkle with parsley. Serve immediately.
- Note: Uncooked chicken can be frozen. Cooked chicken can be refrigerated in foil. To reheat, place in preheated 300 oven 20 minutes.
- WINE: BARSAC

Game Hollandaise



Yield >

4

people

Keys : Sauce Game Meats Bird Poultry Warm Dinner Party Quail Duck French French France European Mediterranean

Ingredients :

1 / 2	tbl	White vinegar
1	tbl	White wine
2	x	egg yolks
125	gm	butter
1	x	lemon
		salt, pepper
2	tbl	Game glaze

Method :

- Make a sabayon by whisking vinegar, wine and egg yolks over a pan of simmering water until thick and creamy.
- Gradually whisk in the soft butter, a little at a time. do not allow it to get too hot. Sauce should thicken enough to coat a spoon. Finish with warm game glaze and a squeeze of lemon juice.
- Store in a warm place until required and give it a whisk every now and then. This sauce does not keep well so prepare just before using.
- Note - This sauce can separate so be careful.

Gateau De Carottes



Yield >

6

Servings

Keys : Vegetable French France European Mediterranean

Ingredients :

1/2	lb	Mattane shrimp
		Salt
1	lb	Carrots, scrubbed
1/2	x	Onion, thinly sliced
1	cup	White wine
1/4	lb	Butter
1	x	Shallot, chopped
		Pepper to taste
		Nutmeg
2	x	Eggs
1/2	cup	Whipping cream
2	oz	Wiss cheese, grated
1	tsp	Cornstarch

Method :

- Boil shrimp 3-4 min., until barely cooked, in 2 cups water & 1-1/2 tsp. salt. Remove with a slotted spoon. Remove from shells & reserve; return shells to pot. Chop 1/2 carrot & add to pot, w/ sliced onion & wine. Return to boil, reduce heat, & simmer 20 min. Strain & reserve. Cut carrots into 1 in. slices. Melt butter in heavy pan; add chopped shallot & saute until soft. Add carrots, 2 cups strained shrimp stock, & salt,pepper,nutmeg to taste. Boil,reduce heat, simmer until carrots are tender & stock is thick.
- Remove from heat & cool to room temp. Mix cooked vegetables w/ eggs, cream, Swiss cheese, & cornstarch. Puree in blender. Heat oven to 350. Mix vegetable mixture w/ 1/2 cooked shrimp. Divide mixture among 6 buttered custard cups & place in deep baking pan. Add 1 in. hot water. Bake 15 min., until knife inserted comes out clean. Cool.
- FROGGY'S
- GREEN BAY ROAD, CHICAGO
- POUILLY-FUISSE

Gateau Marronierau Chocolat



Yield >

10

Servings

Keys : Desserts French France European Mediterranean

Ingredients :

7	oz	Unsweetened chestnut
4	x	Eggs, separated
1	cup	Sugar
7	oz	Unsweetened chestnut puree
1	tbl	Butter
1	tbl	Flour
1 / 2	cup	Chopped chestnuts

FROSTING

5	oz	Semisweet chocolate
2	tbl	Water
2	x	Egg yolks
1 / 2	cup	Whipping cream
1 / 2	tbl	Rum

GLAZE

4	oz	Semisweet chocolate
1 / 4	cup	Rum (preferably dark)
6	oz	Softened butter

Method :

- Melt chocolate over low heat or in a double boiler. Remove and set aside to cool. Preheat oven to 350F. Beat the egg yolks with 3/4 cup of sugar until very light and thickened. Add the chestnut puree and then the cooled chocolate, beating until just mixed. In a separate bowl, beat the egg whites with remaining 1/4 cup sugar until stiff but not dry. Fold into the chocolate and chestnut mixture. Pour into a 9 in spring-form or layer cake pan which has been buttered and floured. Bake in preheat oven for 30 to 35 minutes. Let the cake cool thoroughly. Invert the cake onto a platter and cover with a generous layer of frosting, making sure it is as smooth as possible. Chill the cake until it is firm to the touch. Pour the glaze over the top and sides of the cake, covering it completely. Garnish with chestnuts. **FROSTING:** Melt the chocolate in the water. Beat in the egg yolks over heat until the mixture is thickened. Set aside to cool, but do not allow it to set completely. Whip the cream and fold into cooled chocolate mixture, adding the rum at the last minute. **Glaze:** Melt the chocolate with the rum and stir until smooth. Whisk in the butter until completely melted.
- Let stand until thickened and cool.
- LA TERRASSE
- MUSCAT DE BEAUNES DE VENICE,1978

Goma Jayu-Ae (Soy and Sesame-Seed Dressing with French Beans)



Yield > Servings

Keys : Salads Vegetables Japanese Japan Asian Oriental French France European Mediterranean Room

Ingredients :

1	lb	French beans
3 / 8	pt	Niban Dashi
1	pch	MSG
1 / 4	tsp	Soy Sauce
1	pch	Salt
2 1 / 2	tsp	Sugar
1 1 / 2	tsp	Sake

DRESSING

1 1 / 2	oz	White Sesame Seed, Ground
1 1 / 2	tsp	Sugar
2 1 / 2	tbl	Sake
5	tsp	Soy Sauce

Method :

- **PREPARE IN ADVANCE:**
Snip off ends of french beans and discard. Cut beans into 1/2" lengths.
- Drop them into 3/4 pt of lightly salted boiling water, reduce heat and cook briskly, about 8-10 minutes until beans are tender but still slightly resistant to bite. Drain and run under cold water.
- Put the Dashi, Sugar, 1/4 t Salt, MSG, Sake and Soy Sauce into a pan.
- Bring to a boil. Add the beans, return to boil. Remove from heat and let cool to room temperature.
- **DRESSING:**
Heat Sake to lukewarm over a high heat. Ignite Sake and let burn until the flame dies out. Pour Sake into a small bowl and let cool to room temperature. Add all ingredients and mix thoroughly.
- **TO SERVE:**
Toss together the french beans and dressing, serve at room temperature.

Grandma Sofie's Split Pea Soup with French Bread Croutons



Yield > Servings

Keys : Soups Winter Guest Family French France European Mediterranean

Ingredients :

SOUP		
1	lb	Split peas
1 / 2	lb	Bacon
1	lrg	Onion, chopped
2	lrg	Stalks celery
3	tbl	Parsley, chopped
CROUTONS		

Method :

- This is NOT low-fat, low-calorie, or low _anything_ for that matter, but absolutely delicious and an all-time family favorite!
- Rinse peas in cold water and bring to a boil in 3 quarts of water. Cut bacon small and brown with onion. Add with drippings to peas. Cook until peas are soft and just starting to disintegrate, about one hour, stirring occasionally to prevent the solids from settling out and sticking to the bottom of the pot. Chop celery small and add with parsley to the soup and cook until the celery is soft, about 15 minutes more. Thin with water if necessary to the proper consistency; it should be like light cream with little bits of pea still visible. If too thick, it is more like 'pea porridge' and not as appetizing.

1	loaf	sourdough French bread
1 / 4	cup	Butter, or more if needed
1	x	Garlic clove, minced (opt.)

- Meanwhile, make the croutons. Cut the bread (leave crust on) into 3/4" cubes. Melt the butter in a frying pan (Grandma Sofie used a heavy cast iron one), and when the foam is just through dying down but before the butter begins to brown, add the bread cubes in batches sized according to the size of your pan: The croutons should never be more than one layer deep.
- Sometimes Grandma Sofie sauteed a little bit of garlic in the butter before adding the bread and sometimes not - the croutons are good both ways. I think that living all of her life in California sometimes overrode her German upbringing and that's how the garlic snuck in!
- Fry the bread cubes over MEDIUM heat until dark golden, stirring and tossing frequently to brown on all sides. Take your time about this, as if you get the butter too hot it will burn and taste bitter. If the croutons are done correctly, they will be crisp and fairly dry and light enough to float on top of the soup.
- Ladle the hot soup into bowls and pass the croutons in a basket for each person to add at the table.
- Note that you could get by with a half a loaf of French bread for the croutons, but only if you're alone while you're making the soup. Otherwise, the croutons have a tendency to 'dissappear' when you're not looking!
- was one of those cooks who never used recipes; I wrote this down one time while watching her make it. - Linda Hurlbert Shogren

Grilled Salmon, Warm French Potato Salad, Tomato Vinaigrette



Yield >

4

Keys : Diabetic Special Diets Fish Ocean Main Dish Seafood Tubers Root Vegetable French France European Mediterranean

Ingredients :

1	lb	Russet or baking potatoes
6	oz	fresh young green beans trimmed, and
		sliced into 1" pieces
2	x	scallions, white part only thinly sliced
TOMATO VINAIGRETTE		
1 1/2	tbl	olive oil
1	tbl	water
1 1/2	tbl	white wine vinegar
1/4	tsp	Dijon mustard
1/8	tsp	garlic powder
1	sm	tomato - (4 oz) seeded, and
		finely chopped
1	tbl	chopped fresh basil
1	tbl	chopped parsley
1/4	tsp	salt (optional)
		Freshly-ground black pepper to taste
1 1/4	lb	fresh salmon fillets skinned, and
		cut into 4 equal pieces
		Fresh basil sprigs for garnish (optional)

Method :

- Start the grill or preheat the broiler.
- Peel the potatoes and cut into quarters. Place in lightly salted water; boil until tender when tested with the sharp point of a knife.
- Cook the beans in boiling water to cover until just crisp, about 4 minutes. Drain and refresh in ice water. Drain again. Place in a medium bowl. Combine with scallions.
- Meanwhile, whisk together the vinaigrette ingredients. Set aside.
- Drain the Potatoes and cut into thin slices. Place in bowl with the beans. Whisk the vinaigrette and pour over potatoes and beans. Toss to evenly coat.
- Grill or broil the salmon for 4 to 5 minutes per side until done, carefully turning once.
- Mound the potato salad on 4 serving plates. Top each with a grilled salmon fillet. If desired, garnish with a sprig of basil.
- This recipe yields 4 servings.

Guinea Hen "Foresters"

Yield >

4

Keys : Hens Poultry French France European Mediterranean
Guinean Guinea African French Hot

Ingredients :

1	tbl	Butter
1/4	lb	Salt pork diced
12	sm	White onions
5	lb	Ready-to-cook guinea hens (2 hens)
1	lb	Potatoes diced
1/2	cup	Clear chicken broth
1/4	tsp	Salt

Method :

- In heatproof casserole, heat butter. Add salt pork and onions, and cook until slightly browned. Remove salt pork and onions and set aside. Add guinea hens to pan. Cook for 10 minutes, or until well browned on all sides. Return onions and salt pork to pan. Add potatoes, chicken broth, salt, and pepper. Bake at 400 degrees for 30 minutes, or until meat is tender.
- Meanwhile, in small saucepan, heat oil. Add mushrooms and cook for 10 minutes. Add mushrooms to guinea hen casserole, just before serving. Serve hot.
- Suggested Wine: A light red wine; chilled dry white wine; or a rose wine.

1	pch	Pepper
1	tbl	Vegetable oil
1	cup	Sliced mushrooms fresh or canned

Hake Almondine



Yield > Servings

Keys : Main Dish Seafood Fish Ethnic French France European Mediterranean

Ingredients :

1	x	Butter/margarine
1 / 3	cup	Almonds, sliced
1 / 4	tsp	Dill weed
2	tsp	Lemon juice
2	tsp	Whiskey, rum, favorite "booz"
1 / 4	tsp	Salt
1	lb	Hake fillets

Method :

- Need to get fancy - or even if you want to treat yourself - while waiting for the guts to be back in your kitchen. Zap everything but fish in MW safe dish (I use clear glass) until almonds are brown (5-7 min.) Lay fish fillets on mixture & coat both sides, then zap for 6 min. (No need to turn them while cooking.) Serve with rice.

Ham and Corn Quiche



Yield >

4

people

Keys : Egg Hot Dinner Party French French France European Mediterranean

Ingredients :

PASTRY:

1 **cup** flour, plain

90 **gm** butter

1 **x** egg yolks

1 / 10 **tsp** salt

1 **x** lemon

FILLING:

20 **gm** butter

1 **tsp** garlic, crushed

4 **x** spring onions

100 **gm** ham

130 **gm** corn kernels

4 **x** eggs

250 **ml** cream

1 / 4 **cup** milk

1 / 2 **cup** grated tasty cheese

Method :

- Pastry:
Sift flour and salt into a bowl, rub in butter, add egg yolk and lemon juice and mix to a firm dough. Cover and refrigerate 20 minutes. Roll dough out large enough to line a 25cm flan tin, trim the edges. Cover pastry with greaseproof paper and fill with dried beans or rice to hold in shape while cooking. Bake in a moderate oven for 7 minutes, remove paper and beans and bake a further 7 minutes. Set aside until required.
- Whisk eggs, cream, milk and cheeses together and set aside.
- Dice ham. Slice spring onions.
- Melt butter in a pan and cook garlic, spring onions and ham about 2 minutes until tender.
- Spread ham mixture and corn evenly over pastry. Pour over egg mixture and sprinkle with paprika. Bake in a moderate oven for about 30 minutes or until set.

Hazelnut and Honey Parfait



Yield >

4

people

Keys : Desserts Nuts Frozen Party French Dessert French France European Mediterranean

Ingredients :

4	x	egg yolks
150	gm	sugar (caster)
1	tbl	honey
250	ml	milk
1	tsp	vanilla essence
250	ml	cream
1/4	cup	brandy
PRALINE:		
1/2	cup	sugar (caster)
1/2	cup	water
1/2	cup	hazelnuts

Method :

- In a bowl, cream egg yolks and sugar together until pale in colour. Bring milk, honey and vanilla to the boil and pour over egg yolks, a little at a time, whisking continuously.
- Return to saucepan and cook over low heat, stirring constantly with a wooden spoon, until mixture thickens slightly and will coat the back of a spoon. DO NOT ALLOW TO BOIL.
- Place cooked custard in electric mixer and whisk until cold. Gently fold in whipped cream, brandy and hazelnut toffee. Pour into a loaf tin and freeze 2-3 hours or until firm.
- Toffee:
In a small, clean saucepan, dissolve sugar in water, bring to the boil and cook until a light caramel is formed. Remove from heat and stir in hazelnuts. Pour mixture onto a lightly oiled plate and allow to cool. Finely crush with a meat hammer or in a food processor.

Healthy Cheeseburger and Un-Fried French Fries



Yield >

1

servings

Keys : French France European Mediterranean

Ingredients :

BURGERS		
1	lb	Ground white turkey meat
1	tbl	Spike seasoning
2	tsp	Worcestershire sauce
1 / 4	cup	Bread crumbs
1 / 2	cup	Scallions
1 / 2	cup	Soy sauce
4	slc	Low-fat or non-fat cheese
1 / 2	cup	Light mayonnaise
3	tbl	Ketchup
1	tbl	Relish
FRENCH FRIES		
4	lrg	Baking potatoes - cut into sticks
2	lrg	Egg whites
1	tbl	Cajun seasoning

Method :

- **Directions:**
In a large bowl, combine the turkey meat, spike seasoning, worcestershire sauce, bread crumbs and scallions. Form 4 patties. Spray a large skillet with cooking spray and heat until hot. Add the patties to the hot pan and cook for 2-3 minutes. Flip over and add the soy sauce. Cover pan and allow to simmer until patties are cooked through. Remove lid and place one slice cheese on each patty and allow to melt. To make the hamburger spread, combine the mayonnaise, ketchup and relish. Place on oven steamed buns and serve with your favorite condiments.
- **Un-Fried French Fries** - Toss together the sliced potatoes with the egg whites and cajun seasoning. Spray a cookie sheet with vegetable spray and place the potatoes onto the sheet. Place in a 400 degree oven for 35-40 minutes, turning often until fries are crispy. Serve with hamburgers.

Herb Crusted Filet of Beef



Yield > 0.5 cup

Keys : Herbs Meats French France European Mediterranean

Ingredients :

Marinade:		
2 / 3	cup	dry French vermouth
1 / 4	cup	Cognac (Armagnac will add an even deeper flavor!)
3	tbl	extra-virgin olive oil
1	x	bay leaf
3	x	cloves garlic, finely chopped
1	tbl	fresh thyme, chopped
1	tbl	fresh marjoram, chopped
1	x	(3 lb) tenderloin of beef (fully trimmed weight), tied to hold shape while cooking
1	tbl	unsalted butter, softened
		Sea salt and freshly ground black pepper to taste
1 / 2	cup	cold water
1 / 2	cup	dry (Sercial) Madeira
Herb Topping:		

Method :

- There are several ways to make this delicious filet successfully. You can grill it, or you can prepare it entirely in your oven. It can be started in the oven and finished on the grill, or grilled first, then finished under the broiler. However you make it, you'll get raves and applause.
- At least 2 but not more than 24 hours before you plan to serve dinner, wipe the beef and place it in a non-reactive bowl or deep-sided pan. Mix the marinade ingredients together and pour it over the meat. Turn the meat over several times in the marinade, cover and refrigerate. Turn and baste the meat several times, until you are ready to prepare the meat for cooking.
- Preheat your grill well ahead of cooking time (at least 15 to 20 minutes), following the manufacturer's instructions. When the fire is ready (coals are white hot but not blazing) drain the meat well, and dry it completely with paper towels. Rub beef with the butter, then season generously with salt and pepper.
- Place on the grill 2 to 3 inches above the heat source. Sear for 3 to 4 minutes on each of the 4 sides. Raise the grill, or move meat to the cooler side of the fire, and cook it for 20 to 30 more minutes.
- 2a. (Alternate Oven Method) - Place in preheated 425 degree oven to sear the filet. Then reduce heat to 350 degrees F. and continue to roast for 35 to 40 minutes. Turn the beef several times while it is cooking, and baste each time with the accumulating pan juices (or 1/2 cup brown stock).]
- Meanwhile, prepare the topping: Place the bread in a

3	slc	firm-textured white bread, crusts removed
1/3	cup	chopped fresh mixed herbs (a combination of thyme, marjoram and flat-leaf parsley)
2	x	or 3 large cloves of garlic, very finely chopped
		Sea salt to taste

food processor fitted with the metal blade and process to fine crumbs. Add the herbs and garlic and process until well blended. For an even finer texture, force the crumbs through a tamis or fine mesh sieve. Season to taste with salt and white pepper and set aside.

- Remove the filet from heat source. Place the meat on a large, warmed platter and tent it with aluminum foil. Turn off the oven and place the beef in the oven with the door ajar. Let it rest for at least 25 minutes (up to 1 hour).
- (Grill Method] Prepare the sauce: Combine the reserved marinade with 1/2 cup cold water in a saucepan. Bring to a boil. Reduce by half. Add the Madeira.
- Lower the heat and cook until reduced by half (5 to 7 minutes). Taste for seasoning and pour into a warmed sauceboat. Set aside and keep warm.
- 5a. [Oven Method] Prepare the sauce: Degrease the pan drippings and place the roasting pan over moderate heat. Add the reserved marinade with 1/2 cup cold water and deglaze the pan, scraping up any bits that cling to the bottom. Add the Madeira. Lower the heat and cook until reduced by half (5 to 7 minutes).
- Taste for seasoning and pour into a warmed sauceboat. Set aside and keep warm.
- To finish the filet: [Preheat the broiler.] With your hands, spread a thin, even layer of the parsley-crumbs topping all over the beef. Return filet to grill and brown the crust on all four sides - 6 to 10 minutes in all. Remove from grill and carve. Pass the sauce separately. [Place the meat about 3 inches from the source of heat in the broiler, and broil, turning, until the crust is golden brown, about 6 minutes total. Watch carefully and DO NOT let it burn! Remove from the oven and carve. Serve with the sauce.]
- Teacher's Tip: This can be a really elegant dish, so plan your accompaniments according with the mood you wish to achieve. Either a rice pilau or a potato gratin would be a worthy partner. A simple buttered green vegetable, such as fresh green beans, adds color and texture to the plate.
- Wine Tip: Although this dinner deserves the best red wine you can afford, and my personal choice would be a Clos de Vougeot from Burgundy, or a Willamette Valley (Oregon) Pinot Noir, this IS summertime. That leads me to recommend a luscious and fruity rose. There are many great - and very affordable - roses from France, California, Spain, Portugal. (Although roses may be pink, they bear little taste resemblance to the icky-sweet white zinfandel.)

Jamie and Betsey's French Toast

Yield >

6

Keys : Breakfast Brunch French France European Mediterranean

Ingredients :

4	x	eggs
		A little milk
1	dsh	Cinnamon

Method :

- Combine eggs, milk, cinnamon, nutmeg, and maple syrup in a bowl and mix well. Dip one slice of bread in the egg mixture, coating it well. Put in hot pan, cooking until the side is browned. Flip it over and brown other side. Prepare and cook each slice like this.

1	dsh	Nutmeg
1	tbl	maple syrup
6	slc	bread

- NOTES : I've been making this recipe for 15 years, more than half my life. Betsey and I enjoyed French toast, so we decided to try to make our own. It was very simple in the beginning: just eggs, cinnamon, and bread. The first innovation was nutmeg. My favorite innovation was adding a little real maple syrup.
- Makes for a very tasty and unique French toast! - Jamie Brydone-Jack

Jamie's French Restaurant's Cold Avocado Soup



Yield >

2

Servings

Keys : Soups Vegetarian French France European Mediterranean

Ingredients :

2	tbl	Onions, chopped
2	x	Garlic cloves, crushed
1 / 2	x	Tomatoes
1	tsp	Olive oil
1	cup	Avocado pulp
1 / 2	tbl	Lemon juice
4	dsh	Chili powder

Method :

- Saute onions and garlic in olive oil just until tender. Peel, seed, and finely chop tomato. Add to onions and cook a few seconds. Blend all ingredients and chill for 4-6 hours.
- Serve in bowls or cups and top with a twist of lemon or lime peel.

2	tbl	Mayonnaise
1 / 2	cup	Stock
1 / 2	cup	Cream, heavy

Jean Chretien's Tortiere

Yield > Servings

Keys : Meats French France European Mediterranean

Ingredients :

1	lb	Pork, ground
1	x	Onion, minced
1	tsp	Poultry seasoning
		Salt and pepper
1	x	Potato - small, cooked & mashed
		Pastry,for double-crust pie

Method :

- Combine all ingredients except potato and cover with water. Simmer for 1-1/2 hours. Drain, reserving the liquid. Add mashed potato to meat. Pour into uncooked pie shell. Sprinkle a bit of the liquid over the mixture.
- Cover with pie crust and crimp edges. Cook at 350F for 1/2 hour or until crust is golden.

Jerry Orbach's Guiltless Yuletide French Frie

Yield > Servings

Keys : Side Dish Snacks Nibbles Vegetables French France European Mediterranean

Ingredients :

1 / 3	cup	Olive oil
1	x	Red chili pepper, seeded & halved
1	x	Green chili pepper, seeded & halved
1	x	Bay leaf
5	lrg	Potatoes, sliced into 1/2" disks
		Salt & pepper, to taste
		Garlic powder, to taste
1	tbl	Paprika
		Whole red & green chili peppers, for garnish

Method :

- OIL (PREPARE THE NIGHT BEFORE SERVING):** Pour olive oil into a measuring cup. Add red and green chili peppers and bay leaf. Cover cup & refrigerate overnight to flavor oil.
FRENCH FRIES: Preheat oven to 350F. Place potatoes in large mixing bowl. Season with salt, pepper, garlic powder, and paprika. Remove peppers and bay leaf from oil. Toss potatoes with oil. Place in shallow baking pan. Bake for 35-40 minutes or until golden-brown, turning several times to allow to brown evenly and to keep from sticking. Transfer to serving platter and garnish with whole chilies.

La Gaulette or French-Canadian Ship's

Biscuit.

Yield > 2 Dozen

Keys : Breads Ethnic French France European Mediterranean Canadian Canada North American Hot

Ingredients :

3	cup	Flour
3	tsp	Baking powder
1	tsp	Salt
1	tsp	Sugar
1 1/2	cup	Water or skim milk
2/3	cup	Vegetable oil

Method :

- Mix the dry ingredients together in a bowl. Make a well and add the liquids. Stir together just until a ball forms and lifts from the bowl. Do not overmix. Drop by heaping tablespoonfuls onto an ungreased cookie sheet and bake in a preheated 400 F oven for 10 minutes. Serve hot; they are best fresh and do not keep well.
- Minault family recipe from Roslind Eskelson Minault.
- Weller.

Lamb Loin Beauharnaise

Yield > 4 Servings

Keys : Meats Fillet Tenderloin Sirloin Loin Porterhouse French France European Mediterranean

Ingredients :

2	x	Lamb loins, cleaned (3 lbs)
		Sauce Madere (see recipe)
		Bearnaise Sauce (see recipe)
		Parsley

Method :

- Prepare Sauce Madere and Bearnaise Sauce. Preheat oven to 450 or 500F. About 20 minutes before serving time, sear the lamb loins and then roast in an open roasting pan to desired doneness, about 10 to 15 minutes. Remove from oven, arrange in serving dish and cover with 2/3 of the Sauce Madere.
- Add the remaining Sauce Madere to the Bearnaise Sauce to make Bearnaise Sauce and pour a strip atop the Sauce Madere on the lamb. Garnish with parsley and serve.
- CHE
- MONTROSE, HOUSTON. WINE: CHATEAU
- MOULIN DES CARRUADES, 1974

Lambs' Kidneys Villandry

Yield > 4 Servings

Keys : Meats Offal French France European Mediterranean

Ingredients :

8	x	Lamb Kidneys
200	gm	Minced pork or chicken
1	sm	Egg yolk
1	pch	Quatre-epices

Method :

- This is a slightly simplified version of a recipe from the bible of French cookery, Cuisine et vins de France, by Curnonsky, the French gastronome and bon viveur born in 1872.
- Skin 8 lambs' kidneys, split them in half and core, keeping the halves in pairs.
- Mix 200 g minced pork or chicken with 1 small egg yolk,

200	gm	Pate de foie
4	x	Rashers bacon
100	ml	Brandy
100	ml	Creme fraiche

and a pinch of quatre-epices (nutmeg, cloves, cinnamon and pepper). Have ready 200 g pate de foie. Remove rinds from 4 rashers of bacon and cut them in half.

- Take each pair of kidney halves and put a thick layer (about 1 cm) of the mince mixture on the inside of one half and a thick layer of the pate de foie on the other. Sandwich the stuffed halves together gently, wrap in half a bacon rasher and secure with one or more toothpicks. Lay the bacon and kidney parcels in a lightly oiled dish which can go from oven to top of the stove and bake in a very hot oven for 10-20 minutes or until cooked through.
- Transfer the parcels to a heated serving dish and put the baking dish on a hot plate. Deglaze the dish With 100 mL brandy and boil hard to reduce.
- Thicken with 100 mL creme fraiche or sour cream (or use evaporated skim milk mixed with a little cornflour), taste and season if necessary and pour over the kidneys. Serve.

Layered Salmon Pie



Yield > 1 Servings

Keys : Fish Pies French France European Mediterranean

Ingredients :

1 / 4	lb	Salt pork
-------	----	-----------

Method :

- Cut salt pork into think strips and spread evenly in the bottom of a 2 qt casserole. Dredge salmon lightly with flour. Arrange half the fish on the salt pork. Sprinkle with half of the celery, onion and potato slices; season with salt and pepper to taste.

1	lb	Salmon streak,or fillets skinned & cut into pieces
2	tbl	Flour,all purpose
1 / 4	cup	Celery,chopped
1	tbl	Onion,finely chopped
1	x	Potato, medium, peeled & sliced Salt & ground white pepper

- Roll out half of the pastry, slightly thicker than normal, to fit the size of the casserole. Cover potato layer with the pastry, cutting two large vents. Pour in water through the vents until level with the pastry. Layer with the remaining fish, celery, onion and potato to taste. Cover with top pastry crust and again cut out two vents. Pour water in vents until level with pastry.
- Bake pie in a preheated 350F oven for 1 1/2 hours or till crust is golden-brown. SERVES:4-6

Le Carre D'agneau Bouquetiere



Yield >

4

Servings

Keys : Meats French France European Mediterranean

Ingredients :

2	x	Racks of lamb, trimmed & oven ready
		Salt & fresh black pepper
2	tbl	Freshly chopped parsley
2	x	Cloves garlic, chopped
2	tbl	Fresh bread crumbs

Method :

- Preheat the oven to 375 F. Season the lamb with salt & pepper. Just before dinner, bake the lamb for 30 minutes (for medium rare), eight minutes more for medium. Combine the parsley, garlic, & bread crumbs. Spread this mixture over the lamb during the last 10 minutes of cooking.
- LE FESTIVAL
- WINE: CHATEAU BEYCHEVELLE, 1975.

Le Filet De Red Snapper



Yield >

4

Servings

Keys : Seafood Fish French France European Mediterranean

Ingredients :

2	x	2-lb red snappers
1	tsp	Chopped onions
2	cup	Tomatoes, peeled, seeded, & chopped
8	x	Fresh medium-sized, sliced mushrooms
1	cup	Dry white wine
		Salt and pepper
2	cup	Heavy cream
1	tbl	Chopped parsley

Method :

- Clean and trim the fish. Place the fish in a baking dish with onions, tomatoes, mushrooms, wine, salt, and pepper. Cover the pan with parchment paper and place in a pre-heated 350 F. oven. Cook the fish for 20 minutes or until the fish flakes easily when pressed with a fork. Transfer the fish carefully to a serving platter. Over high heat, boil the sauce until reduced by half. Add the cream and boil until reduced by half again. Pour the sauce over the fish and garnish with chopped parsley.
- LE FESTIVAL
- WINE: PULIGNY-MONTRACHET, 1979.

Le Salad Monte Carlo



Yield >

4

Servings

Keys : Salad French France European Mediterranean

Ingredients :

1	head	Romaine lettuce
2	x	Heads endive
1	x	Tomato, cut into wedges
4	x	Hearts of palm, halved lengthwise
6	x	Mushrooms, sliced

DRESSING

2	tsp	Dijon mustard
1	x	Egg
2	tbl	White wine vinegar
6	tbl	Vegetable oil
		Salt & pepper

Method :

- Arrange the lettuces, hearts of palm, and mushrooms on chilled salad plates. Prepare the dressing: Combine the mustard and egg in a large bowl.
- Add the vinegar, then gradually whisk in the oil. Season to taste with salt and pepper.
- LE FESTIVAL

Le Trou's Mouclade

Yield >

1

Servings

Keys : Seafood French France European Mediterranean**Ingredients :**

3	qt	Mussels, cleaned
6	tbl	Unsalted butter (75g)
6	x	Shallots, chopped fine
		Bouquet garni (celery, bay leaf, thyme, parsley stems)
1	cup	White wine (240ml)
1/2	tsp	Saffron threads
1	cup	Heavy cream (240ml)
1	tbl	Fresh parsley, chopped
1	x	Clove garlic, mashed

Method :

- This one is almost enough to get me off my duff and over to the coast to gather some mussels.
- Robert Reynolds, chef/owner of Le Trou Restaurant Francais in San Francisco provides this recipe. He has used it as a vehicle for teaching his students about saffron's special qualities.
- originated in the French Bordeaux region.
- Steep threads in wine for 30 minutes. Saute 6 shallots in butter until limp. Add Bouquet garni and wine. Simmer for 1 minute. Add cleaned mussels, cover pan with tight-fitting lid, and steam mussels open, shaking pan occasionally. Check after 3 minutes. Remove opened mussels and set in colander over a bowl to catch their juices.
- Discard any mussels not opened after 6 minutes. Saute remaining shallots in butter until limp. Add mussel juice and cream and reduce to desired consistency. Add parsley and garlic, then toss mussels in sauce until well coated. Serve in soup bowls.

Leeks a La Grecque



Yield >

1

Servings

Keys : French France European Mediterranean

Ingredients :

POACHING LIQUID		
2	tbl	Each: olive oil, fresh lemon juice, dry white wine or dry vermouth
1	can	(14 1/2 ounces) vegetable broth
2	cup	Water
2	lrg	Cloves garlic, peeled, thinly sliced
1 / 2	tsp	Each: dried thyme, salt
		Red pepper flakes, freshly ground pepper
LEEKs		
8	med	Or 12 small leeks, green tops trimmed leaving about 2 inches, split lengthwise to within 1/8-inch of root
		Salt, freshly ground pepper
2	tbl	, minced: parsley or cilantro or basil

Method :

- Preparation Time: 20 minutes
- Cooking Time: 18 minutes
- Yield: 4 servings
This style of poaching vegetables in a flavorful court-bouillon, known as a la grecque, did originate in Greece although now it's identified with French cuisine.
- 1. For poaching liquid, put ingredients in 10-inch, non-aluminum saute pan.
- Heat to boil over high heat; simmer, uncovered, 10 minutes.
- 2. For leeks, place in hot liquid. Place a piece of parchment paper or foil directly over leeks. Simmer over medium heat until barely tender (test with tip of sharp paring knife inserted into white part), about 5 to 8 minutes, depending on size of leeks. Do not overcook. Let leeks cool to room temperature. Transfer to a container. Strain poaching liquid; drizzle a few tablespoons over leeks to keep them moist. Store remaining liquid in refrigerator up to 3 days or in freezer as long as 3 months to use again for other vegetables.
- 3. Sprinkle with salt and pepper. Garnish with choice of herbs. Serve chilled or at room temperature.

Leg of Lamb with a Crown of Garlic From

Perigord



Yield >

8

Servings

Keys : Lamb Meats French France European Mediterranean

Ingredients :

2 1 / 4	kg	Leg of lamb
		Salted water
40	gm	Goose fat, or
40	gm	Butter
50	x	Garlic cloves, peeled
3	tbl	Armagnac, or
3	tbl	Brandy
250	ml	Sauternes, or
250	ml	Montbazillac, or
250	ml	Other sweet wine
		Salt
		Black pepper, freshly

Method :

- Ground Blanch the lamb by putting it in boiling, salted water for 15 minutes. Drain the leg and dry it well with absorbent paper or a clean cloth. Melt the fat in a large, deep casserole. Add the lamb and brown it all over. Put the garlic cloves around the lamb. Pour over the Armagnac or brandy and set it alight. When the flames die down, add the wine and season with salt and pepper to taste.
- Cover the casserole tightly, using foil to make a perfect seal. Cook over very low heat for 5 or 6 hours, turning the meat over every 2 hours. Serve the lamb on a large dish with its cooking juices and place the garlic around it in a circle. This dish is traditionally served with pureed haricot or broad beans or a dandelion salad.
- French name: Gigot Perigourdin a la Couronne d'Ail. This wonderful dish appears in various parts of France under different names. The long slow cooking removes any slight bitterness from the garlic and it becomes a vegetable - tender, golden brown nuts of delicate flavour. It is a dish for midsummer, when the young garlic is still tender and juicy, its fat stalks coloured with green and purple streaks, its skin silky.
- the Great Regional Dishes of the World. Mitchell Beazley Publishers 1974.
- This edition: Spring Books, London 1988.

Lemon and Thyme Marinade



Yield >

14

Servings

Keys : Poultry Marinades Citrus Herbs French France European Mediterranean

Ingredients :

2	tbl	Strained fresh lemon juice
2	tsp	Chopped fresh thyme, OR 3/4 tsp dried, crumbled
2	tbl	Olive oil OR vegetable oil

Method :

- This is a tangy marinade, containing equal amounts of lemon juice and oil, and is good for rich meats like chicken thighs. It can be used for chicken breasts too, but their skin should be on for additional protection during grilling or broiling. Thyme gives this marinade a flavor loved in France, but you can substitute oregano for an Italian or Greek accent, or mint or cilantro for a Lebanese touch.
- Mix ingredients in a small bowl.
- Makes about 1/4 cup, enough for about 1 1/2 to 2 lbs poultry.

Leonard Maltin's Grand Marnier French Toast

Yield >

1

Servings

Keys : Breakfast Alcoholic French France European Mediterranean

Ingredients :

Method :

1	x	Extra-large loaf Italian
		Bread
12	x	Eggs
4	cup	Milk
1/4	cup	Grand Marnier
1	tbl	Finely grated orange zest
3	tbl	Sugar
2	tsp	Vanilla extract
3/4	tsp	Salt
		Butter
		Confectioner's sugar

- Cut Italian bread on a slant into 12 slice, each about 1-1/2" thick.
- Arrange in single layer in three 12"x8"x2" baking dishes. Beat eggs with milk add Grand Marnier, orange zest, sugar, vanilla extract, and salt. Mix well, or blend on medium speed. Pour mixture over bread, turning slices to coat both sides. Cover and refrigerate over-night.
- Over medium heat, saute bread in buttered skillet until golden brown, about 4 minutes per side. Dust generously with confectioner's sugar.
- Serve immediately.
- Makes 12 portions.

Lucretia B's Fondue (Bourguignonne)

Yield > 1 Servings

Keys : French France European Mediterranean

Ingredients :

MEATS	
	Beef
	Chicken breasts
	Italian, (or any other pork) sausage
HOMEMADE SAUCES	
	Salsa verde, (grandma's recipe)
	Tartare
	Champinaise, (Lucretia B's own recipe)
	Bearnaise, (Lucretia B's easy version)
	Tzaziki, (for veggies in particular)
	Horseradish sauce
	Mayonnaise
	Anchovy & cream cheese sauce
PACKAGED SAUCES	
	French & English mustards, (Amora, Maille, Colman's)

Method :

- In my family, Fondue Bourguignonne (with raw vegetables as a side dish, to dip in the same sauces as the meat) has been the basis of New Year's Eve late dinner for 15 years at least. Yet, we tend to stick to just one
- "recipe", which I describe here - leaving out the details about the sauces.
- I don't know whether this has anything to do with the *real*, original, French recipe - but we like it very much anyway!
- Fondue Bourguignonne is a very sociable way of eating meat. One or more different types of meat are cut into bite-sized pieces and cooked in a special pan in the middle of the table. The pan, half-filled with hot oil, is placed on a "grill", above a small flame. Guests are usually given special plates, with different "compartments" for meat and sauces. They cook their own meat in the common pan, using long skewers (usually with a wooden handle). When their meat is ready (1 minute or less is usually enough), they take the meat off the special skew, and with a normal fork dip each chunk in one of the sauces in their plate. There's a version of fondue using broth, instead of oil - it's probably healthier, but it requires VERY tender meats and it's not my favourite, anyway ;-). There's also another type of Fondue, typical of Valle d'Aosta (a region in the north west of Italy), which uses a cheese based sauce instead of oil - but this is a completely different story... :-)
- We usually start making our homemade sauces (my sister has another two or three recipes, which I can't remember just now) a few days in advance, as most of them will keep well in the refrigerator for up to a couple of weeks.
- In the afternoon of New Year's Eve, we clean the vegetables (carrot, celery, fennel, yellow+green+red capsicum) and cut them so that they can be nicely arranged in serving containers - we use glasses for carrots, celery and capsicums, cut in long strips, and bowls for the quartered

fennels. In Italy, we also add what we call "Roman salad" - which is a "sweet" kind of chicory I haven't found here in Oz...

- Then, we prepare the meats. It's better to use freshly bought meat, as defrosted raw meats tend to lose all the juices and become too dry to taste nice. So, we cut the beef and chicken breasts in bite-size pieces, discarding all the "white" parts. We also cut the sausage in thick (1 inch)
- slices, and arrange the meats in three separate serving bowls. As all this is usually accomplished by all the members of the family together, it takes much less time than you think... and it's fun, too! ;-)
- A few minutes before 10 pm (we usually wait for midnight while sitting around the table and enjoying our Bourguignonne) it's time to get the oil ready. We place 1 small potato, with skin (it has to be perfectly clean and wiped), in the special pan for bourguignonne, then add peanuts oil and heat the pan on the stove until the oil starts "bubbling" around the potato.
- Always leaving the potato in the pan, we place the pan on its special grill on the table - and we're ready to go! BTW, we use 1 pan for every 6 people, otherwise things get too "messy" around the table ;-)
- I hope this is what you meant - if there's anything that needs explaining, just let me know!

Macadamia Nut French Toast



Yield > Servings

Keys : Breakfast Breads Nuts French France European Mediterranean

Ingredients :

4	lrg	Eggs, lightly beaten
1/4	cup	Sugar

Method :

- Combine eggs and next 5 ingredients, stirring well.
- Fit bread slices in a single layer into a lightly greased 13x9x2-inch baking dish. Pour egg mixture over bread slices;

1 / 4	tsp	Ground nutmeg
2 / 3	cup	Orange juice
1 / 3	cup	Milk
1 / 2	tsp	Vanilla extract
1	x	(16-oz) loaf Italian bread, cut into 1-inch slices
2 / 3	cup	Butter or margarine, melted
1 / 2	cup	Macadamia nuts, chopped
		Garnishes: powdered sugar, ground nutmeg

cover and refrigerate hours or overnight, turning bread once.

- Pour butter in a 15x10x2-inch jellyroll pan; place bread slices in a single layer in pan.
- Bake at 400 degrees for 10 minutes; sprinkle with nuts. Bake 10 additi minutes. Garnish, if desired, and serve immediately with maple syrup.

Madeira Roast Pheasant



Yield >

6

Servings

Keys : Poultry Alcoholic Game Meats Bird French France European Mediterranean

Ingredients :

2	tbl	Unsalted butter
1	x	(unpeeled) coarsely chopped onion
3	x	Coarsely chopped celery stalk
2	x	Coarsely chopped carrot
2	x	Bay leaf
2	tbl	Herbs de Provence *
3	x	Pheasants (2 to 2-1/2 lb)
4	x	Wings chicken
2	x	Backs chicken
1	cup	Room temperature unsalted butter
1 / 4	cup	Madeira
1	qt	Chicken broth

Method :

- Preheat oven to 450 deg. Melt 2 tablespoons butter in large roasting pan.
- Stir in onion, celery, carrots, bay leaves and 1 tablespoon herbs de Provence. Top with pheasant giblets, necks, chicken wings and backs. Roast until well browned, turning frequently, about 40 minutes. Reduce oven temperature to 375 deg.
- Meanwhile, make herb butter by mixing 1 cup butter with 1 tablespoon herbs de Provence. Pat pheasants dry inside and out. Loosen breast skin on each by gently sliding fingers under neck flap and down between breast meat and skin, being careful not to tear skin. Spread 1 1/2 tablespoons herb butter evenly over breast under skin of each. Sprinkle each cavity with salt and pepper. Place 2 tablespoons herb butter into each cavity. Truss pheasants to hold shape. Arrange on sides atop vegetable mixture in roasting pan.
- Roast 15 minutes, basting frequently with pan juices. Turn on second side and roast 15 minutes, basting frequently. Turn pheasants breast side up.
- Add Madeira to pan and continue roasting until juices run pale pink when thickest part of thigh is pierced, basting frequently, about 15 minutes.
- Transfer pheasants to platter and discard string. Tent

1	tbl	Unsalted butter
1	tbl	All purpose flour
		Garnish sprig parsley

with foil.

- Add broth to roasting pan. Boil until reduced to 3 cups liquid, scraping up any browned bits, about 6 minutes. Strain sauce and degrease. Melt 1 tablespoon butter in heavy small saucepan over low heat. Add flour and stir 3 minutes. Whisk in sauce in thin stream. Simmer 5 minutes, stirring frequently. Adjusting seasoning. Pour into bowl. Garnish pheasant with parsley. Pass sauce separately.
- *Available at specialty foods stores.
- (Ouida & Vince Kelly)

Maine Lobster and Crawfish Bisque with French Brie Dumplings



Yield >

1

Keys : Seafood Cheese French France European Mediterranean

Ingredients :

1 / 2	cup	butter
1 / 2	cup	diced leeks
1 / 2	cup	diced "Vidalia" onions
1 / 2	cup	diced celery
1 / 2	cup	diced vine ripe beef steak tomato 1 T. chopped garlic
1	cup	brandy
1 / 2	cup	sherry
1 / 8	cup	Hungarian paprika
1	tsp	white pepper
1 / 2	tsp	cayenne pepper
1	tsp	sugar
2	qt	heavy cream
1 / 2	qt	rich lobster stock
6	x	lobster shells
1 1 / 2	lb	lobster meat
1	lb	crawfish

Brie Dumplings:

1	lb	Trimmed brie (semi-ripe)
---	----	--------------------------

Method :

- **Preparations**
In a heavy bottom pan, saute. Reduce heat and let simmer for 45 minutes. Strain all solids and return to heat. Stir in 3 pounds of diced lobster meat, 2 pounds of crawfish tails and thicken with blonde roux.
- **Brie Dumplings:**
Cut dough in 2 1/2 X 2 1/2 squares. Place 1/2 ounce brie on each square pulling all four corners upward. Twist one full turn and pinch off excess dough. Roll into a ball and brush with egg. Fry in fresh oil for 4 minutes until golden. Serve on side of soup.

2	x	10X14 sheets puff pastry dough
1	x	Egg beaten

Medallions of Beef Tenderloin



Yield > 6 Servings

Keys : Meats Fillet Tenderloin Sirloin Loin Porterhouse French France European Mediterranean Warm

Ingredients :

6	slc	Prime beef tenderloin, 4-oz
6	oz	Herbed cream cheese, softened
3	tbl	Clarified butter
		Flour
1 / 4	cup	Finely chopped fresh shallots
1	cup	Sliced fresh mushrooms
1 1 / 2	cup	Bordelaise (see recipe)
1 / 2	cup	Dry red wine
		Salt & ground black pepper
1 1 / 2	lb	Fresh spinach
		Chopped fresh parsley

Method :

- Slice into side. Place about 2 tbs. softened cheese in each pocket of tenderloin medallion to form pocket. Pinch closed, chill 1 hr. or until cheese is firm. Heat butter in heavy skillet on high heat. Lightly dredge each medallion in flour, saute until well browned but still pink inside.
- remove from skillet, reserve on warmed serving platter. Add shallots & mushrooms to skillet. Saute 4-5 min., until cooked but slightly firm. Add Saute Bordelaise, simmer 1-2 min. Add wine, simmer 4-5 min., more Season to taste. Wash spinach thoroughly, remove tough stems. Place in pot, steam in moisture remaining on leaves 2 min. until tender. Place beds of spinach on individual plates. Place a tenderlion medallion on each; spoon the sauce over. Garnish generously with chopped fresh parsley.
- HECK'S
- DETROIT AVE., CLEVELAND; WINE: ZACA
- MESA CABERNET SAUVIGNON, 1979

Melee D'endives



Yield > 6 Servings

Keys : Salad French France European Mediterranean

Ingredients :

2	x	Heads Belgian endive
1 / 2	lb	Extra-fine fresh string beans
3	oz	Pate de foie gras
12	x	Walnut halves
WALNUT OIL DRESSING		
		Salt & pepper
1	x	Lemon, juice of
1	pch	White pepper
1 / 4	cup	Walnut oil

Method :

- Cut bases off endives and wash carefully, separating leaves. Dry and keep chilled. Remove stems & ends from green beans & wash well. In small saucepan, bring 1 cup salted water to full boil. Submerge beans & boil 4-5 minutes until crisp-tender. Pour beans into colander & douse with cold water. Drain well. Slice pate de foie gras into thin strips & set aside. In large bowl, combine endive, beans, & pate carefully with walnut Oil Dressing. Divide salad among six chilled salad plates & sprinkle with walnut halves. Serve at once. WALNUT OIL DRESSING: Whisk together lemon juice and salt with pepper in a small bowl. Add oil slowly while whisking vigorously. taste for seasoning and correct, if necessary.
- LE BAGATELLE
- GRUAUD-LAROSE, ST.-JULIEN, 1971

Melon Mousse in Muskat Wine

Yield > 6 Servings

Keys : Alcoholic French France European Mediterranean

Ingredients :

MOUSSE		
11	oz	Melon flesh, galia preferred

Method :

- In a blender, process the melon flesh to a smooth puree.
- Put the gelatine and 1/2 cup Muskat wine in a small pan, and bring to a boil, mixing well to ensure that the gelatine is completely dissolved. Add the gelatine mixture to the pureed

1 / 2	cup	Sweet muskat wine
1 1 / 2	tbl	Gelatine
2	x	Egg whites
SAUCE		
1 / 2	cup	Sugar
1	cup	Heavy cream
1 / 2	cup	Sugar
1 / 2	cup	Water
2	cup	Sweet muskat wine
1	x	Cinnamon stick
1	x	Vanilla pod
GARNISH		
		Assorted fruits

melon, and mix well. Put over a bowl full of ice cubes and cool, mixing occasionally, until the mixture starts to thicken.

- Meanwhile, whip the egg whites, adding the sugar gradually, until thick and shiny peaks form. Add about one third of it to the melon mixture, and mix well. Add the rest of it, but this time fold it carefully to blend.
- Whip the heavy cream until thick, and gently fold it into the mixture too.
- Transfer the mousse to a bowl, flatten with a spatula, and refrigerate several hours, or overnight.
- To make the sauce, put the sugar and water in a medium pan, bring to a boil and cook on low heat until it thickens and turns golden brown. Add 2 cups Muskat wine, cinnamon stick, vanilla pod, and a strip of orange peel. Bring to a boil, remove from the heat and cool to room temperature. Drain, and refrigerate several hours or overnight.
- To serve, form small balls of mousse using two wet cups, and pour some sauce over it. Garnish with fresh fruit slices.

Meringue Shells



Yield >

6

Servings

Keys : Eggs French France European Mediterranean

Ingredients :

4	x	Egg whites, room temperature
1	pch	Salt, generous
1 / 2	tsp	Cream of tartar (optional)
1	cup	Sugar
1 / 2	tsp	Vanilla

Method :

- Preheat oven to 200 F. Position the rack in the lower third of oven. Place egg whites in a copper bowl that is free of any grease or oil, or use a stainless steel or glass bowl. With an electric mixer, beat at moderately low speed for 2 minutes. Add salt and (if copper bowl is not being used)
- the cream of tartar. Increase speed to medium and whip until the whites hold soft peaks. Gradually add sugar, beating until all is added. Add vanilla and beat to mix. Increase speed to high and beat 5 to 7 minutes or until the mixture is very stiff. Fit a pastry bag with a large round tube and fill half-full with meringue. Pipe onto buttered and floured parchment paper or foil, dividing the total amount of meringue into 15 to 18 shells.

- They will be ovals about 2" by 4". Bake in preheated oven 1-1/4 hours or until meringues are lightly colored & dry.
- WINE:SANCERRE,1979

Mes Olives Preferees (my Special Olives)



Yield > Servings

Keys : Condiments French France European Mediterranean

Ingredients :

2	cup	Plain Greek or Italian olives
2	x	Shallots, whole or sliced
4	cup	Garlic, to 5 cloves, barely crushed
		Thyme, rosemary, fennel seed, chives, sage, fresh or dried
1/2	x	Lemon, juiced
		Worcestershire sauce
		Tabasco or hot pepper flakes
1	cup	Olive oil

Method :

- Place the olives in a jar with a tight-fitting lid.
- Add to the jar shallots, garlic, a handful of fresh or dried herbs, chopped or left whole, lemon juice, a few shakes of Worcestershire sauce and a few drops of Tabasco or shakes of hot pepper flakes.
- Pour olive oil to cover the olives and herbs and seal the lid. Shake a couple of times to mix all ingredients well. Leave these olives to plump in the oil and absorb the perfume of the herbs. As you use them replenish the stock with more olives in the same oil mixture until it at last seems too tired to do the job. The herb-scented oil is then perfect for brushing on grilled foods as they finish or in other cooking.
- NOTES : I put a cupful of these shiny, plump black berries in a hand blown glass bowl and set it next to the apertif tray. Whoosh, they
- start to disappear...

Mexi-French Toast Tortillas with Berries

Yield >

Keys : Breakfast Brunch Main Dish French France European Mediterranean

Ingredients :

2	cup	sliced strawberries
2	cup	blueberries
2	lrg	eggs
1/3	cup	milk
2	tbl	sugar

Method :

- Combine sliced strawberries and blueberries and set aside.
- Beat eggs, milk, granulated sugar, rum, if desired, cinnamon, vanilla and almond extracts in large shallow bowl. Soak tortillas in egg mixture for 10 minutes.
- Melt butter in a large nonstick skillet over medium-high heat. Add tortilla quarters and cook until golden, 2 to 3 minutes, turning once. Transfer to large serving platter; cover and keep warm. Repeat process with remaining tortilla

1 1/2	tsp	rum (optional)
1/4	tsp	cinnamon
1/4	tsp	vanilla extract
1/4	tsp	almond extract
4	x	burrito-size flour tortillas cut into quarters
		Butter for frying
		Powdered sugar for dusting

quarters.

- Sprinkle fried tortillas with powdered sugar and serve topped with fresh berry mixture and drizzled with maple syrup.
- This recipe yields 4 servings.

Mirepoix Vs Matignon



Yield >

1

Keys : French France European Mediterranean

Ingredients :

Q. What is a matignon?

Method :

- A. For a word that doesn't come up very often, it has a surprising number of meanings. It comes up in French cooking, and at its most basic is a vegetable mixture that has been cooked down to a pulp. Only the French don't call it a pulp, they call it a fondue, which simply means "melted."
- Carrots, celery, and onion are cooked very slowly in butter, with a little salt, thyme, bay leaf, and sugar. When the vegetables are already very soft, some Madeira is added, and cooked further until almost all

of the liquid has evaporated. That produces a maitgnon au maigre, or vegetarian version. It can also be prepared au gras, with the addition of a little bacon.

- The matignon is then used as an ingredient in other dishes. A chicken might be roasted on a bed of matignon in a covered dish in the oven, or the matignon can be spread on a chicken or a beef fillet that is to be braised. When the meat is done, the matignon is collected and served as a garnish.
- Matignon is also the name of a side dish, in which artichoke hearts are stuffed with the vegetable pulp, sprinkled with bread crumbs, and browned. These are served with braised lettuce and a port wine sauce.
- In restaurant kitchens in this country, matignon is sometimes referred to as an edible mirepoix. A mirepoix is a mixture of diced carrot, celery, and onion
- (or leek), with some herbs that is used to flavor stocks, soups and stews, and often does not make it into the finished dish. A matignon in this country generally includes some ham.

Mole Manchamanteles



Yield > 10

Keys : Chicken Main Dish Poultry Mexican Mexico Mex Central American French France European Mediterranean

Ingredients :

STOCK		
2	x	chickens - (3 1/2 to 4 1/2 lbs)
2	x	onions
4	x	celery stalks chopped
4	whl	cloves
		(or 2 pinches ground cloves)
2	x	carrots chopped
2	x	garlic cloves chopped
2	x	bay leaves
2	x	fresh thyme sprigs
1	x	dried chile de arbol
2	whl	allspice
24	cup	water
		Salt to taste
MOLE		
6	x	dried guajillo chiles
1	x	dried ancho chile
4	cup	boiling water

Method :

- **Stock:** Cut each chicken into 8 pieces. Simmer chicken pieces, onions, celery, cloves, carrots, garlic, bay leaves, thyme, chile de arbol, allspice and water in large stockpot and cook until tender, 30 to 40 minutes. Add salt to taste. Remove chicken from stock and set aside. Discard vegetables and seasonings and reserve stock.
- **Mole:** Remove stems, seeds and veins from both kinds of chiles. Toast chiles in skillet or on griddle over low heat until slightly fragrant and beginning to blister. Be careful not to burn chiles. Put chiles in bowl and pour boiling water over them. Let soak 20 to 30 minutes (the longer they soak, the less hot they become).
- Transfer chiles from bowl to blender with slotted spoon and puree, adding some of soaking water if needed to blend well. Pass pureed chiles through sieve or food mill and set aside.
- Quarter tomatoes and cook in dry skillet over medium heat until dry, about 20 minutes. Blend well in blender and pass through sieve or food mill to remove seeds and skins.
- Heat 1 tablespoon oil in skillet over low heat. When hot, add sesame seeds and cook, stirring constantly, until seeds brown slightly, about 5 minutes. Transfer to bowl. When cool, grind in spice grinder or with mortar and pestle.
- Return skillet to medium heat, add 2 tablespoons oil and onions and cook, stirring occasionally, until onion is soft and transparent, about 10 minutes. Add almonds, pecans, raisins, garlic, cloves, peppercorns, allspice, cinnamon and oregano and saute, stirring constantly, until brown and fragrant, about 10 minutes. Transfer to blender and add 1 cup chicken stock. Blend until smooth.
- Put 2 tablespoons oil in large pot and heat over medium

1	lb	fresh or canned tomatoes
		Oil
1 / 2	cup	raw sesame seeds
1	x	white onion roughly chopped
1 / 4	cup	whole raw almonds
1 / 4	cup	raw pecans
1 / 4	cup	raisins
4	x	garlic cloves halved
2	whl	cloves
		(or 2 pinches ground cloves)
2	x	black peppercorns
1	whl	allspice
1	x	cinnamon stick - (2" long)
		(or 1 tbspn ground cinnamon)
2	sprg	fresh oregano sprigs
		(or 1/2 tspn dried oregano)
9	cup	Chicken stock - (to 10 cups)
2	x	plantains
		(or 1 fresh cored peeled cubed pineapple)
		Salt to taste
1 1 / 2	tbl	sugar

heat until slight haze forms over oil. Add chile puree and fry, stirring constantly, until dry, about 20 minutes. Mixture will splatter, so carefully partially cover pot with towel. Add tomatoes, sesame seeds and onion mixture and cook, stirring constantly, 10 minutes. Add chicken stock to make fairly loose mixture, 4 to 6 cups, and continue cooking, adding more stock as necessary.

- Slice plantains and fry in 3 tablespoons oil over medium-high heat until brown and slightly crisp, about 10 minutes. Drain on paper towels. Add plantain or pineapple to chile mixture and cook about 10 minutes to combine flavors. Add 1 tablespoon salt or more to taste. Stir in sugar. Mole should be thick enough to coat spoon. Add more stock to thin, if needed. Add chicken to mole and gently stir to completely coat chicken.
- Transfer to large, warm serving dish or platter. Place any sauce that won't fit in serving dish in bowl and serve with corn tortillas.
- This recipe yields 8 to 10 servings.

Mussels Mariniere



Yield >

4

people

Keys : Seafood Hot Entree French Entree French France European Mediterranean

Ingredients :

40	x	mussels
2	tbl	parsley, chopped
3	clv	garlic, crushed
1 / 2	cup	onions, medium
1	cup	white wine
1 / 2	cup	Vermouth, sweet
1	x	lemon
60	gm	butter
		salt, pepper, cayenne

Method :

- Finely dice onions.
- Soak the mussels in cold water for five minutes, and scrub to remove any dirt or sand. Change water several times.
- Put the mussels into a saucepan, add garlic, parsley, onion, wine, vermouth and juice of lemon. Season generously, bring to the boil, cover and cook for about 5 minutes or until mussels are open. Shake the pan from occasionally. Add butter and stir through.
- Note: discard any mussels that do not open.
- Serve mussels in a bowl and pour over cooking liquid.

Navarin of Lamb



Yield > people

Keys : Lamb Meats Hot Stove Easy Budget French Main Course French France European Mediterranean

Ingredients :

1	kg	lamb, diced
1 / 2	cup	peas
12	x	onions, small
2	tbl	butter
2	tsp	sugar (caster)
2	x	carrots, medium
4	x	potatoes, medium
1	tbl	vegetable oil
		salt, pepper
2	tbl	flour, plain
3	cup	beef stock
1	cup	tomatoes
2	clv	garlic, crushed
1 / 2	tsp	thyme, chopped
1	x	bayleaf
		parsley, chopped

Method :

- Peel carrots and cut into finger-size pieces; peel potatoes and halve or quarter them if they are large.
- Dice tomatoes.
- Brown lamb in hot oil in a pan, a few pieces at a time. As they are browned, remove the pieces to a large casserole with a lid.
- When all the pieces are browned, sprinkle with salt, pepper, and flour and cook, uncovered, over medium heat, keeping the pieces moving until all traces of flour disappear and lamb is slightly crusty.
- Add the beef stock to the pan in which you browned the meat; scrape up all the brown bits and bring to the boil. Pour into the casserole, add tomatoes, garlic, thyme and bay leaf. Bring to a boil, lower heat and simmer. Meat should be almost covered by the broth. Add more if it is not. Cover and cook for 45 minutes.
- Pour boiling water over the white onions and slip off the outer skins. Make a cross in the root ends with a knife. Sear them in butter in a pan, then turn down the heat and saute them gently for 10 minutes, shaking the pan from time to time so they cook evenly. Sprinkle with the sugar and cook a few minutes more to glaze lightly. Set aside.
- After 45 minutes, taste the sauce and correct seasoning if necessary.
- Put all the vegetables except the peas around the meat pieces and spoon the sauce over them. Bring again to the simmer, cover and cook about 1/2 an hour or until vegetables are tender.
- Add peas and parsley, heat through and serve.

No-Flour Chocolate Chestnut Torte



Yield >

14

Keys : Nuts French France European Mediterranean

Ingredients :

10	oz	semi-sweet chocolate, melted and cooled
1	x	15-ounce can chestnut puree or chestnut cream
4	oz	unsalted butter or unsalted margarine
6	x	egg yolks
6	x	egg whites
1	pch	salt
1 / 4	cup	sugar
1	tsp	pure vanilla

Glaze (optional):

6	oz	semi-sweet chocolate, coarsely chopped
1 / 2	cup	whipping cream or brewed coffee

Method :

- (*) Available in larger supermarkets, ethnic stores and European groceries. Chestnut puree and chestnut cream are usually imported from France. Either product will work well in this recipe.
- Preheat oven to 350 F. Line a 9 or 10-inch springform pan with a circle of baking parchment. Cake: Prepare melted chocolate. Set aside and allow to cool to room temperature. Using a whisk or in an electric mixer, blend chestnut cream or puree with butter or margarine. Add vanilla, egg yolks and melted chocolate. Blend well. In another clean bowl, with clean dry beaters, whip the egg whites with the salt, just to break up and foam slightly. Gradually, while increasing mixer speed, dust in sugar to form stiff glossy (but not dry) peaks. Fold 1/3 of egg whites into chestnut mixture and work in well to loosen. Gently fold in remaining 2/3 of egg whites in 2 installments, blending well but taking care not to deflate the mixture.
- Spoon into prepared pan and bake until done, 35-45 minutes. Cake rises somewhat and looks dry and slightly cracked on top when done. Middle should be soft but firm. Cool in pan for 20 minutes, then remove to a wire rack.
- Glaze: Bring the whipping cream (or coffee) to a boil and add the chopped chocolate all at once. Remove from heat and stir briskly, using a wire whisk, until all of the chocolate melts. Invert cake on a wire cake rack placed on a cookie sheet. Pour glaze over cake, using a metal spatula to spread. Serve with a dollop of cinnamon-scented whipped cream, or pureed raspberries, or garnished with chocolate shavings, or dusted with sifted confectioners' sugar.
- Serves 14

Noodles "Merilda" - (Nouilles Merilda)

Yield >

6

Keys : Pasta French France European Mediterranean French Hot**Ingredients :**

1 / 2	lb	Noodles
2	lb	Coarsely chopped mushrooms cooked in butter
3	lrg	Truffles coarsely chopped
1	x	Egg yolk
1	tsp	Salt
1 / 4	tsp	Pepper
1 / 4	lb	Grated Swiss cheese
		Butter

Method :

- Cook noodles in boiling salted water. Drain. In mixing bowl, combine noodles, mushrooms, truffles, egg yolk, salt, and pepper. Mix well.
- In ovenproof casserole, place one-third of noodles in a layer. Sprinkle with one-third of grated cheese. Repeat operation two more times. Dot with butter. Bake at 350 degrees for 20 minutes. Raise heat to 400 degrees and continue baking for 10 minutes. Serve hot.
- Comments: The recipe is thus named because "Merilda," the family cook of Chateau Mouton-Rothschild, created it.
- Suggested Wine: A chilled white wine, dry or sweet.

Nouilles Aux Crevettes



Yield >

4

Servings

Keys : Seafood French France European Mediterranean**Ingredients :**

1	lb	Fettuccine noodles
3	dsh	Olive oil
1 / 2	lb	Mushrooms, sliced
4	tbl	Unsalted butter
1 / 2	cup	Fresh basil, chopped

Method :

- Cook noodles al dente in 4-5 quarts salted boiling water for 12-15 minutes.
- Drain, rinse with cold water, & set aside. Toss pasta with few drops of olive oil. Saute mushrooms & shallots in 3 tbs butter for 1-2 minutes. Add basil & heavy cream & set aside. In separate pan, heat remaining butter & saute shrimp for 2-3 minutes. Remove pan from heat, add Pernod, return to heat & flambe until flame subsides completely. Add mushroom mixture & lemon juice & simmer for 5 minutes. Add salt & pepper to taste. Before serving, toss fettuccine with shrimp &

1 1/2	cup	Heavy cream
28	x	Jumbo shrimp, dressed and butterflied
1	oz	Pernod
1	tsp	Lemon juice
		Salt and pepper to taste
1	cup	Grated Parmesan cheese
		Basil leaves, for garnish
3	x	-(up to)
4	x	Shallots, minced

mushroom mixture & Parmesan cheese. Serve on warm oval dishes & garnish with basil leaves.

- LA TERRASSE
- SANSOM ST., PHILA., WINE: GIANO
- DI AVELLINO, MASTROBERARDINO '78

Oeufs Brouilles a La Michel Guerard - (French Scrambled ...

Yield >

4

Keys : Brunch Egg French France European Mediterranean

Ingredients :

6	lrg	eggs
1	tbl	butter
2	tbl	creme fraiche
6	tbl	finely-chopped shallots
1	tbl	finely-chopped chives
		Salt to taste
		Freshly-ground black pepper to taste
3	oz	caviar
12	piece	toasted bread - (long and thin)

Method :

- With a serrated knife, cut each egg shell about 1/2-inch from the pointed end. Empty the raw eggs into a bowl and reserve. Wash the egg shells (tops and bottoms) in warm water, then turn them upside down on a towel to dry completely.
- Over very low heat melt the butter in a saucepan just large enough to hold the eggs. Beat the eggs with a whisk, pour through a sieve into the warm butter, and return to the very low heat. Beat constantly with the whisk, gradually increasing the heat, until the eggs are thick and creamy, not solid.
- Remove the eggs immediately from the heat and continue whisking while adding the cream, shallots, chives, salt and pepper.
- Place the dried eggshells in egg cups. Using a teaspoon, carefully fill each shell 3/4 full with the creamed eggs, then finish filling each shell with 1 tablespoon of caviar. The caviar should be slightly domed on top. Place the little top of each shell on the caviar. Serve with toast.
- This recipe yields 4 servings.
- Comments: The full recipe title as listed is "Oeufs Brouilles a la Michel Guerard - (French Scrambled Eggs with Caviar)".

Oignons Confiture (Red Onion Relish)



Yield >

4

Servings

Keys : Condiments French France European Mediterranean Hot

Ingredients :

1	tbl	Olive oil
1	x	Red onions, sliced very thin
1	tbl	Sugar
2	tbl	Red wine vinegar
		Salt and pepper
2	tbl	Dried fruit: raisins, apricots, prunes), chopped
1 / 2	cup	Red wine

Method :

- Heat oil in noncorrosive saucepan over medium heat. Add onions. Let sweat gently until onions start to give off their juices.
- Stir in sugar, vinegar, salt and pepper until the mixture starts to melt.
- Add dried fruit and wine, then cover and reduce heat to lowest setting. Use a heat diffuser on the burner, if necessary. Watch and stir often, adding more wine or water as needed.
- When the onions and fruit have melded and cooked down to a jamlike consistency, taste and adjust seasoning. Add more vinegar if needed to balance the fruit.
- Note: I stuff a tablespoon of this onion "jam" in small hollow parboiled onions and roast them in the oven. -Kate Ratliffe, author
- NOTES : Intensely flavored vegetable side dish, a favorite served with grilled chicken or lamb chops. This confit may ber served hot or
- at room temperature as a relish with roasts and fowl. It will
- keep refrigerated for several days.

Olive Pate



Yield >

6

Servings

Keys : Appetizer French France European Mediterranean

Ingredients :

18	slc	French bread, round, 1/2-inch thick
1	can	Small can Pate de Foie Strasbourg
1/2	lb	Butter, room temperature
1/4	tsp	White pepper
1/2	x	Jigger Brandy
1/2	cup	Black olives, chopped fine

Method :

- Make the French bread croutons by toasting the round slices of bread in the oven until golden. In a mixer, whip the pate, butter, white pepper, and brandy until completely blended and smooth. By hand, fold the black olives into this mixture until distributed evenly. Allow flavors to set overnight.
- To serve, scoop the pate with a small ice cream scoop, 3 scoops per person on a small plate. Serve along with 3 croutons for each person.
- WINE:MONTAGNY, LOUIS LATOUR,1982

Original Beef Stroganoff



Yield >

1

Recipe

Keys : Beef Ethnic Meats French France European Mediterranean Russian Russia

Ingredients :

3	tsp	Butter
3	tsp	Chopped onion
1	tsp	Flour
1 1 / 2	cup	Clean beef soup or consomme
1	cup	Sour buttermilk
2	lb	Lean stew meat or shoulder
		Roast.
1 / 4	tsp	Black pepper
1 / 4	tsp	Salt

Method :

- "Beef Stroganoff was invented by Serge Stroganoff, a court dook in the riegn of Catherine the Great of Russia. Catherine was the daughter of the Duke of Anholt-zervst of Prussia, born in 1729. She was a cruel despot and full of personal vices but did a great deal to help Russian scientists, writers and philopophers and to westernize Russia as much as possible. She also encouraged Russain cooks such as Stroganoff to adapt French cooking methods and also to create new Russian dishes. She was a great woman for romancing and during her more youthful days would have a different lover every night or so.
- She had them killed for some trumped-up charge as she tired of them.
- She died of heart failure in 1796 in the arms of her young lover, Prince Platow Louboff at the age of 67. She certainly was quite a woman."
- Take the beef stew meat or the roast and sice it up into pieces as thin as you can or about 1/4" thick, ath the thickest. The thinner the better. The pieces should not be more than about 2" square. Salt and pepper the meat to taste. Put 3 level T. of butter into a frying pan and 3 level T. of chopped onion. Add the meat. Over a medium heat cook until the meat is done.
- Make a sauce or gravy as follows. Put 2 level T. of butter into a large frying pan and melt the butter until it just barely

starts to turn brown.

- Take off from the stove. Now add 1 3/4 level T. of flour into the hot butter until the mixture forms a medium syrupy consistency, not a thick paste. Remember not a thick paste. Add more butter if necessary. Now add 1 1/2 c. of cold clear beef soup or consomme and stir in well. Now place back onto the stove and over a medium heat bring to a slow boil. Stir continually. Now add one cup of sour buttermilk and stir in well. Be sure to use sour buttermilk not sour cream. Now pour the meat, onion and butter sauce into the gravy and gently simmer just enough so that it is well heated. Serve with mashed potatoes or boiled white rice and dark bread.
- Note: To sour buttermilk simply cover a bowl of buttermilk and let stand until it thickens.
- This recipe was often used with venison and bear meat as well as beef. This meat must be sliced as thin as possible.

Ostrich Steaks Au Poivre



Yield > 2 servings

Keys : French France European Mediterranean

Ingredients :

1	tbl	Mixed peppercorns, coarsely crushed
1 / 2	oz	Plain flour

Method :

- 1. Mix the peppercorns, salt and flour together. Use this to pat on both sides of the steaks.
- 2. Heat the butter and oil in a frying pan, add the steaks and fry the steaks for 4-5 minutes on each side. Remove and keep warm.

2	x	5 oz ostrich steaks
1	oz	Butter
1	tbl	Sunflower oil
4	oz	Shallots, halved
8	oz	Button mushrooms, halved
2	x	Cloves garlic, crushed
2	tbl	Brandy, (2 to 3)
3	tbl	Crème fraîche
1	tbl	Wholegrain mustard
2	tbl	Freshly chopped flat leaf parsley
		Salt and freshly ground black pepper

- 3. Add the shallots to the pan and fry until golden. Stir in the mushrooms and fry until browned. Stir in the garlic and fry for a further minute.
- 4. Pour in the brandy and cook for 1 minute. Remove the pan from the heat and stir in the crème fraîche and mustard with the parsley and seasoning.
- NOTES : Ostrich is becoming a lower in fat alternative to other meats and it is delicious too. This traditional French recipe is an ideal dinner for two.

Ox Tongue, Braised



Yield >

1

Keys : Tongue Offal French France European Mediterranean French

Ingredients :

1	x	Boiled ox tongue * see note
2	slc	Bacon cut 1" long pieces
2	x	Carrots sliced
2	med	Onions sliced
1/3	cup	Dry white wine
2	cup	Consomme

Method :

- In Dutch oven or large, heavy saucepan, place bacon, carrots, and onions. Cook over low flame for 5 minutes. Add wine and 1/2 cup consomme. Bring to boil, and simmer for 20 minutes, or until liquid is reduced to 2 tablespoons. Add tongue and remaining consomme. Bring to boil. Cover and simmer for 30 minutes. Remove tongue and cut into thin slices. Serve sauce in sauceboat. Serve hot.
- Serve with noodles.
- Suggested Wine: A light red wine; chilled dry white wine; or a rose wine.

Oysters Belle Rive

Yield >

6

Servings

Keys : Seafood French France European Mediterranean

Ingredients :

		Garlic butter (see recipe)
--	--	----------------------------

Method :

- Preheat the oven to 400 F. Reheat the GARLIC BUTTER, VIENNE SAUCE, and ARTICHOKE SAUCE. Per person, place 2 oysters each in the bottoms of 3 small ramekins. Fill one

		Vienne sauce (see recipe)
		Artichoke sauce (see recipe)
3	doz	oysters, shucked, 6 per person

ramekin to the top with GARLIC BUTTER, one with VIENNE SAUCE, and one with ARTICHOKE SAUCE. Bake the ramekins for 10 minutes at 400 F. Serve immediately. F. Serve immediately.

WINE: CHALONE PINOT BLANC

Pain Perdu (French Toast) with Bananas Foster



Yield >

1

Keys : Breakfast Brunch Tropical Fruits French France European Mediterranean

Ingredients :

1	stk	butter
3	x	eggs
3 / 4	cup	milk
1	tbl	grated orange zest
1 / 4	cup	fresh orange juice
2	tbl	sugar
1 / 4	tsp	cinnamon
1 / 4	tsp	vanilla extract
8	slc	French Bread about 1" thick
		powdered sugar for dusting Bananas Foster
2	tbl	butter
2	x	bananas peeled and sliced, 1/4" thick
1	cup	pecan pieces
2	cup	maple syrup
1 / 4	cup	rum

Method :

- Pain Perdu:
 1. In a mixing bowl, whisk the eggs, milk, orange zest, orange juice, sugar, cinnamon, and vanilla, to dissolve the sugar.
 2. In a nonstick sauta pan, heat 2 tablespoons of butter. Dip 2 slices of the bread into the egg-milk mixture, coating evenly. Fry in the butter until golden brown, 2-3 minutes on each side.
 3. Repeat until all the butter and bread is used.
 4. Lay the pain perdu on a platter. Add the bananas to the pecan mixture and warm slightly. Spoon the warm sauce over the pain perdu. Dust the entire plate with powdered sugar.
- Yields: 6 servings.
- Bananas Foster:
 1. In a sauta pan, melt 2 tablespoons of the butter.
 2. Add the pecans and sauta for 4-5 minutes, stirring constantly.
 3. Stir in the maple syrup and bring the liquid up to a simmer.
 4. Remove the pan from the stove and add the rum. Carefully place the pan back on the stove and flame the sauce. Remove the sauce from the heat and set aside.
- Gary Says: I love this dish. it is elegant and reminds me so of my visits to New Orleans.

Pastel De Manzana - Apple Mint Crisp



Yield >

6

Servings

Keys : Desserts Pies Herbs French France European Mediterranean Room

Ingredients :

1	tbl	Butter, softened
1	cup	Sugar
1	cup	Flour
1 / 2	tsp	Baking powder
1	x	Egg
1	tbl	Dried mint leaves
1	tbl	Ground cinnamon
4	med	Cooking apples, peeled, cored and cut into 1/4" slices
1	cup	Heavy cream, whipped

Method :

- Preheat the oven to 350 degrees F. Coat the bottom and sides of an 8"x8"x2" baking dish with the butter. Set aside. Combine the sugar, flour, and baking powder - sifting them together into a bowl. Make a well in the center and drop in the egg. Mix together until the egg is absorbed into the flour. In a large bowl, mix together the mint and the cinnamon. Add the apples and toss until the apples are coated. Arrange the slices in the baking dish and scatter the flour mixture over them, spreading and pressing gently to cover the apples completely. Bake in the oven center for 45 minutes, or until the top is crusty. Serve at room temperature accompanied

Pate De Campagne (Country Pork Pate)



Yield >

8

Servings

Keys : Ham Pork Beef Veal Meats French France European Mediterranean French

Ingredients :

1	tbl	Butter
1	x	Onion, chopped
1/2	lb	Ground lean pork
1/2	lb	Ground pork fat
1/2	lb	Ground veal
1/2	lb	Pork or chicken liver, finely chopped
2	x	Cloves garlic, peeled
		Pinch of ground cloves
1/2	tsp	Ground allspice
		Pinch of ground nutmeg
2	x	Eggs, beaten to mix
2	tbl	Brandy
		Salt
		Pepper
1/2	lb	Bacon slices

Method :

- Melt butter in a small saute pan and cook onion over low heat until soft but not brown, 10-15 minutes. Leave to cool. In a food processor, puree the pork, pork fat, veal, pork or chicken liver, garlic, allspice, cloves, nutmeg, eggs, cooked onion, brandy, salt and pepper. Divide the mixture in half if it does not all fit comfortably in the machine. Saute a small piece of mixture and taste for seasoning. It should be highly seasoned. If not, add more salt and pepper. Set oven at 350F. Line the sides and base of a 1-quart terrine mold with bacon, reserving 2 slices. Pack pork mixture in the mold and smooth the top. Cut remaining bacon in thin strips and arrange in a lattice on top of the pate. Cook the pate, uncovered, in a water bath until done when tested with a skewer, 1.1/4 to 1.1/2 hours. Let pate cool to tepid. Insert a board that fits inside the rim of the terrine.
- Distribute weights on top and chill. Serve pate from the mold, and cut in slices at the table. The pate should be made at least 48 hours ahead so that the flavours mellow. It can be kept up to 5 days in the refrigerator.
- Variations: Pate de porc solgnot (Pork pate with Hazelnuts) Add 1 cup toasted peeled hazelnuts to the pork mixture. Pate de Pork Marbree (Marbled Pork Pate) Roll each chicken liver in very thinly sliced pork fat or fat bacon. Make pate mixture without livers. Pack half of the mixture into the mold and place livers down the center. Cover with remaining mixture and bake. When sliced, the pate is marbled with liver outlined in fat.

- Classic french Cooking

Paupiettes De Saumon Fume – France



Yield > 6 servings

Keys : Chefs Christmas Festive French France European Mediterranean

Ingredients :

6	slc	Smoked salmon
250	gm	Fresh or frozen crab meat
6	x	Spring onions
1	x	Apple
1	x	Green chilli
1	tbl	Chopped coriander
5	tbl	Mayonnaise
1 / 2	x	Lemon
6	x	Oysters
1 / 2	tsp	Curry mix
1	bn	Chives
3	tbl	Olive oil

Method :

- Place 4 spoons of mayonnaise in a bowl with the crab, chopped spring onions, coriander, chilli and apple. Season with salt and pepper, then mix well.
- Place the salmon slices over cling film and top each of them with a share of the crab mixture. Wrap the cling film around and form 6 small balls.
- Place in the fridge.
- Heat the curry mix in a pan with olive oil and stir for 3 minutes. Put the oysters in the liquidiser with 1 spoon of mayonnaise, lemon juice and the curry oil. Process until smooth.
- To dress, place a ball on the middle of each plate. Spoon some sauce around and sprinkle the chives over.

Peaches 'Au Gratin'



Yield > people

Keys : Desserts Hot Oven French Dessert French France European Mediterranean Hot Cold

Ingredients :

6	x	peaches
2	tbl	sugar (caster)
2	tbl	butter
6	x	macaroons
1	tbl	coconut, dessicated
2	x	egg yolks
2	tbl	cream
1	tbl	brandy

Method :

- Pre-heat oven to 350F/190C degrees.
- Butter a baking dish.
- Peel 2 peaches. Cut flesh in pieces.
- Cut remaining peaches in half. Remove pits and scoop out a bit of the pulp from each half.
- Combine pulp with cutup peach and mash well with a fork. Add butter and crushed macaroons, coconut, egg yolk, cream and brandy and mix well.
- Fill each peach half with mixture, mounding it slightly. Arrange in baking dish and bake 30 minutes.
- Serve hot or cold.
- Macaroons are crisp coconut biscuits available from supermarket.

Pecan-Orange French Toast



Yield >

Keys : Breakfast Nuts Citrus French France European Mediterranean

Ingredients :

4	x	Eggs lightly beaten
1 / 4	cup	Orange juice concentrate
1 / 2	cup	Milk
1 / 2	cup	Finely-ground pecans
1 / 2	tsp	Vanilla
1 / 8	tsp	Cinnamon
1	pch	Nutmeg
10	slc	French bread - (ea 1" thick)

GARNISH

		Unsalted butter
		Maple syrup
		Powdered sugar
		Cooked sausage links

Method :

- In a shallow bowl beat together eggs, orange juice concentrate, milk, pecans, vanilla, cinnamon and nutmeg. Dip bread into egg mixture, coating both sides. (Soak for 30 seconds on each side.)
- In a skillet melt 1 tablespoon butter and cook the bread on both sides over medium heat for 2 to 3 minutes on each side or until golden. Serve with butter, syrup, powdered sugar and sausage.
- This recipe yields 5 servings.

Perfect French Pressed Coffee with Frothed Milk



Yield >

1

Keys : Beverages Drinks French France European Mediterranean**Ingredients :**

2	tbl	coarse-ground French roast coffee for every
3 / 4	cup	hot water

Method :

- Remove the plunger from the coffee press and put the coffee in the bottom. Pour in the water, leaving about 1 inch of space at the top and stir with a small wooden spoon. Rest the plunger on top of the glass pot and let the coffee steep for about 4 to 6 minutes.
- Meanwhile, pour the hot milk into the frother, insert the plunger, and pump until the milk is frothy.

		Hot milk, preferably 2%, as needed
EQUIPMENT		
		French coffee press

- Using slight pressure, slowly push the plunger down on the coffee press. Divide the coffee among cups and spoon over the frothed milk. Serve immediately.
- This recipe yields 1 serving.

Petite French Peas with Pineapple Mint



Yield >

6

Servings

Keys : Vegetables Tropical Fruits Herbs French France European Mediterranean

Ingredients :

2	tbl	Unsalted butter
4	cup	Fresh petit pois or other sweet baby peas
3	sm	Onions, thinly sliced
2	sm	Carrots, peeled/thin sliced
1	tbl	Lemon juice
1 / 4	cup	Chicken stock
1	tsp	Sugar
		Salt & white pepper to taste
		Bouquet garni consisting of 1 sprig each pineapple mint french thyme, and parsley
1	sm	Head butter lettuce shredded
2	tbl	Pineapple mint, chopped

Method :

- Heat butter in a medium saucepan with a tight-fitting lid, then add peas, onions, carrots, lemon juice, chicken stock, sugar, salt, pepper and bouquet garni. Stir well, then cover with shredded lettuce. Cover pan and simmer for 30 to 45 minutes or until vegetables are tender. Remove bouquet garni, taste for seasoning and cook 5 minutes longer. Sprinkle mint leaves over peas and serve immediately.

Pets De Soeurs (Sister's [i.e., Nun's] Farts)



Yield >

40

Fritters

Keys : Pastry French France European Mediterranean Hot

Ingredients :

6	tbl	Butter
2	tsp	Sugar
1	pch	Salt
1	tsp	Grated lemon rind
4	x	Eggs
1	cup	Flour
1	tsp	Vanilla
1	tsp	Rum, dark, opt
		Oil, for deep-frying
		Sugar, confectioners

Method :

- Combine the butter, sugar, salt, and lemon rind with 1 cup water in a saucepan and bring the mixture slowly to a boil. When the butter has completely melted, remove the pan from the heat. While the pan is heating, break each of the eggs into a separate custard cup or similar small dish and have these ready. When the pan is removed from the heat, add all the flour at once, stirring, first carefully, then, when the flour is absorbed, vigorously with a wooden spoon.
- When you have a compact, thick paste, turn the heat to medium high and return the pan to it. Cook this mixture for 3 to 4 minutes, stirring constantly and scraping the sides and bottom, until the batter clings together in a solid mass, leaving the bottom and sides of the pan clean, and takes on a glossy look. Turn off the heat and remove the pan from the stove.
- Beat in the vanilla, and the rum if used, giving the batter a chance to cool a little. When it has, make a well in its center, pour in 1 egg, and beat this into the mass. When it is incorporated, beat in another egg and proceed until all the eggs are used. The resulting pastry should be flexible and soft, firm enough to hold its shape and not at all runny. Set it aside and let it rest for about 45 minutes, or for the duration of supper.
- When ready to make the fritters, fill a deep skillet or deep-fat fryer two-thirds full of oil and heat to 360 deg.F (not too hot, or the exteriors will brown before the center is cooked). If you are using a deep-fat fryer, do not use the basket, but a slotted spoon or wire mesh skimmer instead.
- Drop the batter into the hot oil a teaspoonful at a time, dipping the spoon into the oil after each scoop. Don't overcrowd the pan, since they puff up to about four times their original size. Nudge them to roll over, so that they color evenly on all sides. When golden brown, drain on paper towels and sprinkle with confectioners' sugar. Serve hot. Pet de Breton. This recipe makes 1 large fart. Make the batter with the same ingredients the same way as explained above, including the 45- minute rest. Preheat oven to 375 deg.F. Pour the batter into a large greased pan (a 10-inch or so heavy cast-iron frying pan works well for this) and set in the oven. Bake for an

hour. Remove, sprinkle with confectioners' sugar, tear apart, and eat as soon as it's cool enough to handle.

Pissaladiere - (French Onion-Anchovy Tart)



Yield >

1

Keys : Side Dish Appetizers Onions Tarts Fish French France European Mediterranean Warm

Ingredients :

1	lb	Prepared puff pastry dough thawed if needed
2	lb	Onions sliced
3	tbl	Olive oil
1	tbl	Minced garlic
2	tbl	Chopped basil
1 / 3	cup	Grated Parmesan cheese
2	med	Firm ripe tomatoes sliced 1/8" thick,
		and seeded

Method :

- Preheat oven to 450 degrees.
- Roll out pastry to a 12- by 16-inch rectangle, 1/8-inch thick and transfer to a baking sheet. Brush edges of pastry with water and fold over to form a border 1-inch wide. Score border with tines of a fork and thoroughly prick center.
- Meanwhile, in a skillet cook onions over low heat in 2 tablespoons olive oil until golden and softened. Stir in garlic and basil. Transfer to a bowl to cool.
- Sprinkle bottom of tart with 2 tablespoons Parmesan cheese and spread onion mixture over. Sprinkle onions with 2 more tablespoons cheese. Top with tomato slices and brush them with olive oil. Decorate tart with anchovies and olives. Bake for 30 to 35 minutes, or until pastry is golden and crisp. Sprinkle warm tart with 2 more tablespoons cheese and chopped herbs. Serve slightly warm or at room temperature.

1	can	Anchovies - (2 oz) or to taste
20	x	Pitted Nicoise olives
		Chopped fresh mixed herbs
		(such as basil, thyme and

Pommes Gratinee Forezienne

Yield >

6

Servings

Keys : Vegetable French France European Mediterranean

Ingredients :

3	med	Baking potatoes
2	tbl	Melted butter
		Salt and white pepper
1	x	Clove garlic, finely minced
1	pt	Heavy (whipping) cream

Method :

- Peel the potatoes and cut into 1/8-inch thick slices. Coat the bottom and the sides of a shallow oven-proof serving dish with melted butter. Layer the potatoes in the baking dish. Sprinkle the potatoes with the salt, pepper, and garlic. Pour the cream over the potatoes. Cover the baking dish with aluminum foil pierced with 2 or 3 small holes to release steam. Bake in a 400 oven until the potatoes are tender, about 60 minutes.
- FENDANT, GRAND VIN DU VALAIS, 82

Pork and Veal Terrine



Yield >

4

people

Keys : Pate Meats Cold Party Bbq French Entree French France European Mediterranean

Ingredients :

250	gm	bacon
250	gm	veal, diced
125	gm	pork, diced
125	gm	chicken breasts
1	x	eggs
1	x	onions, medium
2	tsp	garlic, crushed
125	gm	pistachio nuts
2	tsp	green peppercorns
2	tbl	brandy
1	tsp	dried mixed herbs
1	tbl	parsley, chopped
4	slc	ham
		salt, pepper

Method :

- Note:
Meats should be very cold for a good finished product.
- Remove rind from bacon and line base and sides of a 22cm X 10cm terrine mould or loaf tin with slices in overlapping fashion. Allow slices to hang over edges so they can be folded over the top.
- Mince veal, pork and chicken in a processor until smooth, add egg and process a further 30 seconds. Remove from processor and place in a large bowl. Process mixture in batches if necessary.
- Process onion and garlic and add to minced meats. Refrigerate for 1/2 hour until cold.
- Stir in remaining ingredients, spread mixture into prepared tin and fold over bacon to cover the top. Cover tin with foil and place in a baking dish with enough water to come 1/2 way up the sides of terrine (ie. in a bain marie).
- Cook in a moderate oven for 1 1/2 hours, allow to cool and refrigerate overnight.
- Serve sliced with Cumberland sauce.
- Serves 8-10.

Pork Roast 'N' French-Fry Po-Boy

Yield >

1

Keys : Sandwiches Pork Meats French France European Mediterranean

Ingredients :

		Oil for deep-frying
1	x	Idaho potato cut 1/4" by 2" stick
1	x	crusty loaf French bread
2	tbl	Mayonnaise
1/2	cup	Shredded lettuce
1	x	Tomato sliced
1	lb	Slow, slow-roasted pork roast pulled into tender shreds

Method :

- Heat oil in a deep-fryer to 360 degrees. Fry potatoes until brown and crunchy, 8 to 10 minutes.
- Slice open bread. Spread with mayonnaise and fill with lettuce and tomato. Fill with pulled pork and top with French fries.
- Open a beer. Eat, drink, dance to the Funky Meters and enjoy the Fest ... This recipe yields 1 serving.

Potage Aux Herbes



Yield >

6

Servings

Keys : Vegetable French France European Mediterranean

Ingredients :

2	qt	Rich chicken stock, see recipe
6	x	-(up to)
8	x	Sorrel leaves
8	x	-(up to)
10	sprg	parsley, no stems
6	x	-(up to)
8	sprg	chervil, no stems
1	cup	Fresh basil leaves
8	x	-(up to)
10	x	Romaine lettuce leaves
1 1/2	cup	Fresh spinach, no stems
2	x	Eggs, hard-cooked & finely chopped

Method :

- Heat stock in large saucepan. Finely chop all greens, combining everything except spinach. Add mixture to heating stock. When stock reaches boil, reduce heat & simmer for 45 minutes. When almost ready to serve, stir in the spinach & simmer 3-5 minutes longer. Ladle into soup bowls & garnish with chopped egg.
- HECK'S
- DETROIT AVE. CLEVELAND.
- WINE:MACON LES CHARMES, 1979

Potage St. Germain



Yield >

8

Servings

Keys : Vegetables Soups French France European Mediterranean

Ingredients :

1 1 / 2	lb	Dried peas, soaked overnight
4	tbl	Butter
4	x	Carrots, peeled and grated
2	x	Onions, grated
1	lrg	Leek, chopped fine
5	x	Lettuce leaves, chopped fine
2	tsp	Sugar
1 / 2	tsp	Salt
2	cup	Fresh green peas, cooked
3 / 4	cup	Cream
3 / 4	cup	Milk
1	tbl	Butter

Method :

- Place drained, dried peas in soup kettle. Add chicken broth; bring to a boil; simmer on low for 10 minutes. Skim froth from top of soup. Melt butter in skillet; saute carrots and onions until onions are golden; add leeks and lettuce; simmer on low for 10 minutes. Stir vegetable mixture into soup; add sugar and salt. Simmer until split peas are tender, about 2 hours. Put fresh peas through a sieve. Force soup mixture through a sieve, also. Return this combined mixture to the kettle. Stir in cream and milk.
- Heat just to boiling; stirring occassionally to prevent scorching. Just before serving, add butter. Garnish with a dollop of sour cream, a dash of sherry, or both. Elegant!
Serves 8

3

qt

Chicken broth

Prune and Apple Galettes



Yield >

6

Keys : French France European Mediterranean Warm

Ingredients :

		flaky pastry made with 175g plain flour and 110g butter (qv flaky pastry)
15	x	mi icuit prunes halved lengthways
11	x	Coxs apples (unpeeled)
1	x	little ground cinnamon
2	tbl	runny honey
		cream or creme fraiche to serve
2	x	30 x 25.5cm solid baking sheets lightly greased
10	x	cm pastry cutter

Method :

- Make the pastry as described and chill for 30 minutes in the fridge.
- Roll out the pastry on a lightly floured surface to 3mm cut out six 10cm discs and arrange them on the baking sheers. Meanwhile preheat the oven to gas mark 7/425F/220C. Cut each apple into quarters core and then cut each quarter into two.
- Arrange five prune halves and four slices of apple in a circle on top of each pastry round then sprinkle over a little ground cinnamon. Place the baking sheets in the oven for 10 to 12 minutes one tray on the highest shelf the other on the next one down until the galettes are golden brown swapping them over halfway through.
- Remove from the oven and while they are still warm glaze each one by brushing a little of the runny honey over the prunes and apples. Serve warm with cream or creme fraiche.
- These are exceptionally pretty to look at and I like to serve them as a sweet ending to a special meal Theyre a bit more trouble but still very easy to make and assemble.
- Make the pastry as described on page 119 and chill for 30 minutes in the fridge. Meanwhile find a lidded saucepan that will fit the pears comfortably laying them in the pan on their sides. Now mix the wine with the sugar and pour this over the pears then add the cinnamon stick and tfz vanilla. pod. Put the lid on the pan and gently simmer the pears for 45 minutes until tender when tested with a skewer. Turn them over halfway through the cooking time so the other half sits in the wine and they colour evenly. Towards the end of the cooking time preheat the oven to gas mark 7 425F (220C). Then roll the pastry out to /e inch (3 mm) thick and cut it into six 4 inch (10 cm) circles then arrange them on the baking sheets.
- Now lift the pears from the liquid and halve them by first making a slit in the stalk as you press it on to a flat surface. Then stand each pear upright and cut through the split stalk halve the pears and remove the cores. Now you need to slice each half into a fan so take a sharp knife and scattfing from the top of the stalk end about Sh inch (1 cm) in slice the pear downwards and at a slight angle so you end up with the slices

of pear fanning out but still attached to the stalk. Now place each half pear on to a pastry base and fan it out then place the baking sheets in the oven for 10-12 minutes one on the top shelf the other on the next one down swapping them over halfway through the cooking time.

- Meanwhile you need to reduce the poaching liquid so first remove the cinnamon stick and vanilla pod then place the saucepan over a high heat and let it bubble for about 5 minutes. Then in a cup mix the arrowroot with a little cold water until you have a smooth paste then add this to the saucepan whisking with a balloon whisk all the time. This will thicken the sauce slightly then remove it from the heat and leave it to cool.
- When the tarts are ready remove them from the oven. Serve hot or cold but just before serving pour a little of the sauce over each tart to give them a pretty glaze.
- If you can get micuit plums the lovely squashy half dried Agen prunes from France so much the better. If not then pitted dried Agen prunes will be fine.
- Serves 6

Poulet a La Dauphinoise (Chicken in the Dauphine Style)



Yield >

6

Servings

Keys : Main Dish Poultry Ethnic Nuts Vegetables Chicken French France European Mediterranean French

Ingredients :

220	gm	Shelled walnuts *
2	kg	Roasting chicken, jointed
85	gm	Butter
3	tbl	Walnut oil
110	gm	Smoked bacon, cut in strips
1	med	Onion, chopped
5	x	Shallots, chopped
1	x	Garlic clove, finely chopped
500	gm	Small ceps
1	x	Bouquet garni
		Salt & pepper

Method :

- NB
* or 36 nuts in their shells, shelled carefully
- "Walnut orchards are one of the beauties of the Dordogne and Correze, and of many other parts of southern France such as the Dauphine. The rough grey-walled enclosures of green grass, the smooth silver-grey of the trunks, and the yellowing green of the leaves in autumn have a soothing quietness as one drives along the country lanes. Mostly the walnuts will be sold to French and foreign commercial bakers, like Fullers (the Dauphine includes Grenoble, Montelimar and Gap, which are all famous for their confectionery), and to housewives, but some will be turned into a black liqueur, creme de noix, or crushed for walnut oil. Once this was much used by painters, but I imagine that the price caused them to turn to cheaper substitutes long ago.
- Nowadays walnut oil is a luxury for the knowledgeable cook. Put it at the top of your list of things to bring back from France; it's expensive there, but in England the price seems to jump beyond contemplation. I found this recipe in a French

4	tbl	Brandy or marc
120	ml	Port
1	x	Egg yolk
2	tbl	Cream

periodical; its combination of walnuts, walnut oil and ceps is unusual and good." When preparing this dish, it is wise to cope with the walnuts well in advance. Choose a peaceful moment, when you can listen to the radio or talk to a friend. Pour boiling water over the shelled nuts, leave them for a few moments, then drain them and remove the fine skins. The fresher the walnuts, the easier this job is - this is really an autumn dish when ceps are in the woods, and the first walnuts arrive from France. I won't deny that this is a fiddly job, but it's worth the trouble because the skins can spoil dishes of this kind with their bitter flavour. Set aside half a dozen of the nicest pieces for final decoration, and put the rest in a bowl beside the other ingredients.

- Brown the chicken in half the butter and all the walnut oil, in a large frying pan. Remove to a dish and keep warm. Put the bacon into the pan, and when it colours, remove to the dish of chicken. Finally cook the onion, shallots and garlic in the butter and oil. when they are ready, return the chicken and bacon to the pan. Be careful never to burn the fat, or the flavour of the juices will be spoilt.
- Meanwhile cook the ceps in the rest of the butter, and put them into the frying pan with the chicken. Add the walnuts and the bouquet. Flame with half the brandy or marc, then pour in the port.
- Cover and simmer about half an hour, or less if the chicken is cooked sooner.
- Meanwhile beat up the egg yolk with the cream and remaining brandy.
- When the chicken is cooked, arrange it on a serving dish with the ceps, bacon and walnuts. Strain the cooking juices into a pan and thicken with the egg mixture. Cook a moment or two without boiling and pour over the chicken. Decorate with the reserved nuts.

Poulet Au Vin Rouge (Chicken with Onions and Red Wine)



Yield >

4

Servings

Keys : Poultry Chicken Alcoholic French France European Mediterranean

Ingredients :

2 1/2	lb	Chicken, cut into serving pc.
		Salt and pepper
1/4	cup	Flour
1/4	cup	Corn oil
1/4	lb	White onions peeled
1 1/2	cup	Dry red wine
1/2	tsp	Dried thyme
1	x	Bay leaf
2	tbl	Butter
2	tbl	Finely chooped parsley

Method :

- 1. Set the chickens backbone aside for later use or discard it. Sprinkle the remaining pieces of chicken with salt and pepper. Dredge lightly in flour. Shake off any excess flour.
- 2. Heat the oil in a heavy skillet large enough to hold the chicken pieces in one layer. Add the chicken pieces, skin side down, and the onions. Cook until nicely browned on one side, 4-5 min. Turn the pieces and continue cooking about 4 min.
- 3. Pour off the fat from the skillet. Add the wine, thyme and bay leaf. Cover closely and cook about 15 min.
- 4. Uncover and transfer the chicken pieces and the onions to a warm serving dish.. Remove and discard the bay leaf.
- 5. To the wine sauce add the butter and swirl it around until melted. Pour the sauce over the chicken and sprinkle with the chopped parsley.

Poulet Au Vinaigre a L'estragon



Yield >

1

Keys : Poultry Chicken French France European Mediterranean

Ingredients :

		a 10-ounce container fresh pearl onions (about 2 1/2 cups), blanched in boiling water for 1 minute, drained, and peeled
2	tbl	vegetable oil
1	tbl	unsalted butter
3 1/2	lb	chicken pieces
1	cup	tarragon white-wine vinegar
1/2	cup	dry white wine
1 1/2	cup	chicken broth
1	cup	chopped and drained canned whole tomatoes
2	tbl	finely chopped fresh tarragon or 1 crumbled, plus, if teaspoon dried - desired, fresh tarragon sprigs for garnish
4	tsp	arrowroot or 1 1/2 tablespoons cornstarch either dissolved in 2 tablespoons cold water

Method :

- In a saucepan of boiling salted water boil the onions for 10 minutes, or until they are just tender, and drain them well. In a heavy kettle heat the oil and the butter over moderately high heat until the mixture is hot but not smoking and in the fat brown well the chicken, patted dry and seasoned with salt and pepper, in batches, transferring it as it is browned with tongs to a platter. Pour the fat from the kettle, add the onions, and saute them, stirring, for 1 minute. Add the vinegar and the wine and boil the liquid, scraping up the brown bits, until it is reduced by half. Add the broth, the tomatoes, the dried tarragon, if using, and the chicken, bring the mixture to a boil, and simmer it, covered, for 20 to 25 minutes, or until the chicken is cooked through. The chicken may be prepared up to this point 1 day in advance: Let the mixture cool, uncovered, and chill it, covered. Reheat the mixture before proceeding.
- Transfer the chicken and the onions with a slotted spoon to a heated platter and keep them warm, covered with foil. Stir the arrowroot or cornstarch mixture, add it to the simmering cooking liquid with half the chopped fresh tarragon, if using, and simmer the sauce, stirring, for 1 minute. Spoon the sauce over the chicken, sprinkle the chicken with the remaining chopped fresh tarragon, if using, and garnish it with the tarragon sprigs.
- Serves 6.

Prawn / Yabbie Bisque

Yield >

4

people

Keys : Seafood Expensive Boil Hot Party Stove French Soup French France European Mediterranean Hot

Ingredients :

1	kg	prawns, raw
200	gm	onions, medium
1/2	x	leeks
200	gm	celery
4	x	tomatoes
1/2	cup	tomato paste
1	lt	fish stock
100	ml	white wine
50	ml	brandy
50	ml	pernod
2	x	garlic cloves
1	x	bouquet garni

Method :

- Wash and mince the onions, carrots, leeks, celery and garlic in a food processor.
- Wash and clean the prawns, reserving the heads and peelings for the soup. Refrigerate the tails.
- * Discard the shit tube from the tails.
- Melt the butter in a heavy bottomed saucepan (stockpot), add the prawn heads and peelings and saute until lightly coloured. Add the minced vegetables and continue to cook for 5 minutes, stirring constantly, then add the brandy, pernod, wine, tomatoes, tomato paste, cloves, bouquet garni and fish stock.
- Bring to the boil and simmer on low heat for 1/2 an hour, skimming regularly to remove the surface scum. Strain through a fine sieve into a clean pot, extracting as much liquid as possible by squashing with a ladle. Bring to the boil, add lemon juice and cream and thicken slightly with cornflour. Season with salt, pepper, and a pinch of cayenne pepper and serve hot with the prawn tails sauted in garlic butter.
- Sprinkle with chopped fresh herbs.

2	x	cloves
1	tbl	lemon juice
		dill or fennel sprigs
100	ml	cream

Provençal Prawns



Yield > 4 servings

Keys : Seafood French France European Mediterranean

Ingredients :

1	tbl	Olive oil
1	x	Clove garlic, crushed
1	bn	Salad onions, finely chopped (reserving some for garnish)
1	tbl	Freshly chopped thyme
1	tbl	Sun dried tomato puree
1	x	400 gram can chopped plum tomatoes
3	tbl	Noilly Prat or dry white wine
1	x	400 gram pac small prawns, defrosted

Method :

- Heat the oil in a large frying pan or wok and stir in the garlic and onions. Stir-fry for 2-3 minutes, then add the herbs, puree, tomatoes and Noilly Prat. Simmer stirring occasionally for 5-8 minutes.
- Stir the prawns into the tomato sauce and cook for a further 2-3 minutes
- Notes Garnish with freshly chopped salad onion. Serve with baby plum tomatoes that have been halved, drizzled with oil and roasted in a hot oven for 15-20 minutes and buttered wild and long grain rice.
- NOTES : An easy version of this classic French dish of prawns, tomatoes and garlic.

Puff Pastry by Beth Hensperger



Yield >

1

Keys : French France European Mediterranean

Ingredients :

Method :

- Some families focus their culinary energies on Easter dinner, and some on a lovely breakfast or brunch.
- A savory, egg-rich quiche can star at any meal. Early in the day, it partners with fruit and coffee cake. Later on, it's delicious with salad vinaigrette or marinated vegetables, a hunk of baguette and a cool, fruity white wine.
- We take quiche for granted today, but it wasn't that long ago that it was considered exotic food. One day in the bakery at St. Michael's Alley restaurant in Palo Alto, my baking guru and mentor Barbara Hiken declared she was going to make some quiches to put on the lunch menu. I had never attempted to make one on my own, so I was all eyes and ears.
- Out came 'Mastering the Art of French Cooking' by Julia Child, Louisette Bertholle and Simone Beck, and she proceeded to make not one but three of the recipe variations. As she cooked bacon and chopped mushrooms, she punctuated the process with exclamations like 'Oh, how luscious,' 'Where are the 8 inch removable bottom pans?' and 'The Roquefort one will be the best!'
- Ah, that smelly blue cheese on the salad station.
- I decided, without voicing my opinion, that the classical quiche Lorraine and the mushroom with Swiss cheese would be my choices.
- As Barbara's piping hot rounds came out of the oven, I inspected the deliberately rough and natural-looking puffed brown tops and uneven crusts. They weren't more than 1 1/2 inches deep. The first bites were glorious. The Roquefort tart was amazingly delicate and sumptuous, thanks to the combination of blue cheese and cream cheese. It became an instant favorite for special guests. I promptly marked the recipes in my copy of 'Mastering,' where they are still prominent reminders of Barbara's quiches.
- When I traveled to France a few years later, quiche was a standard in the zinc bars where I ate late lunches. And they were served for supper alongside a brothy goose liver soup at one of the homes I stayed in. By the time I returned to the States, quiche had found its way out of tiny bistros and onto mainstream restaurant menus geared toward vegetarian diners.
- The original quiche was an egg and cream mixture cooked in a bread dough-lined pan, the dough rolled as thin as the crispier butter-rich short pastry crust is today. There has been a long-running dispute among French culinary historians as to just who invented the lovely rustic tart. In Lorraine, it is studded with some smoked bacon, a regional specialty. In neighboring Alsace, a flan aux oignons shows quiche with German influences, made with a bread dough crust and slow-cooked onions (it can also be called a kuchen).
- Yes, quiche is rich, but it is not an everyday food. The savory custard can be made with milk instead of cream, but the results are far less harmonious and the custard a bit more rubbery. It's best to use milk and cream in combination, or with creme fraiche or sour cream.
- Making my own quiches at home, I experimented with all sorts of fillings. My favorites were a layering of parcooked zucchini and a bit of basil; crab and chives; and lots of spinach and freshly grated nutmeg. When I was short on time, I used a frozen pie crust or store-bought puff pastry; both are excellent alternatives to your own pastry crust. I made my quiches thin, balancing the tender filling and flaky crust, and I made them thick, with the emphasis on the golden, creamy filling.
- A classic quiche dish is a 9 1/2 inch shallow round. Made of white earthenware with straight sides, it is designed to work best with bread-dough crusts. I prefer the French loose-bottomed, round tart pans with fluted sides and shiny tinned finish. They come in both 9- and 11 inch diameters and with 1- and 2 inch high sides (you can buy rectangular and square ones, too). The crust browns beautifully and to serve, you just slip your hand underneath and push up; the outside ring falls down your forearm (be careful if it is hot). Then

you can easily slide the quiche onto a serving plate. A 9- or 10 inch pie pan is an acceptable alternative. There are 4 inch fluted tin tartlet pans, usually used for fruit tarts, that make nice individual-sized quiche.

- Quiche is too good to save for holidays. Hot, it makes an appetizing Sunday night supper. Cool, it's a welcome carry-along to a potluck or picnic. Cover leftovers and store in the refrigerator.

Pumpkin Date Nut Bread



Yield > 10

Keys : Breads Machine Bread Bakers Fruit Spice Low Fat Tropical Fruits Cheese French France European Mediterranean Jewish Kosher

Ingredients :

3 / 4	cup	pumpkin pie filling
1 / 3	cup	milk skim
1	lrg	egg
1	tbl	butter
1	tsp	salt
2 1 / 3	cup	bread flour
2 / 3	cup	flour whole-grain wheat
3	tbl	brown sugar packed
2	tbl	vital wheat gluten
1 / 2	tsp	cinnamon
1 / 4	tsp	ginger
1 / 4	tsp	nutmeg
1 / 8	tsp	allspice
2	tsp	yeast
1 / 2	cup	walnuts coarsely chopped

Method :

- Add ingredients to the machine in the order listed with the exception of walnuts and dates. Bake on fruit and nut cycle. When addition beep sounds, add walnuts and dates.
- Makes a 1 1/2 pound loaf.

1 / 3 cup dates chopped

Pungent French Roll Salad Sandwich



Yield > 12 Servings

Keys : Picnic Salad French France European Mediterranean

Ingredients :

12	x	French rolls
		Olive oil
2	x	Red onions, chopped
2	x	Green bell peppers, diced
2	x	Cucumbers, peeled and diced
24	x	Anchovy fillets, cut
4	lrg	Ripe tomatoes, peel seed dice
36	x	Pitted black olives, chopped
1 / 3	cup	Chopped fresh parsley
1 / 4	cup	Capers
		Mayonnaise

Method :

- Split the rolls almost through and brush inside well with olive oil. Mix remaining ingredients, except mayonnaise. Moisten with mayonnaise and fill rolls. Wrap each sandwich individually. Serve on a plate to catch filling as it falls. Takes the place of bread and potato salad at the picnic. (c)
- NOTES : "Beach Picnic" Menu Cold Broiled Chicken / Baked Pea Beans / Pungent French Roll Salad / Cheese and Pears / Peanut Butter Cookies / Beverages

Quiche Lorraine



Yield >

1

Keys : Hors D Oeuvres French France European Mediterranean French Hot

Ingredients :

1	x	Nine-inch pie crust unbaked
1	tsp	Butter
3	slc	Canadian bacon, 1/4" thick diced
1	med	Onion finely chopped
1 / 2	cup	Grated Swiss cheese
4	x	Eggs slightly beaten
1	cup	Milk
1	cup	Heavy cream
1	pch	Grated nutmeg
1 / 2	tsp	Salt
1 / 4	tsp	Pepper

Method :

- Line a 9-inch pie plate with pie crust.
- In a small, heavy saucepan, heat butter. Add bacon and cook for 5 minutes, or until bacon is golden brown. Remove bacon and set aside. Add onions to pan and cook for 5 minutes. Remove onions and set aside.
- Cover bottom of pie crust with bacon, onions, and 1/4 cup grated cheese.
- In mixing bowl, combine remaining cheese, eggs, milk, cream, nutmeg, salt, and pepper. Mix well. Pour over bacon mixture. Bake at 450 degrees for 15 minutes. Reduce heat to 350 degrees and continue baking for 15 minutes longer, or until custard is well set. Serve hot.

Quick Maple Fudge



Yield >

1

Servings

Keys : French France European Mediterranean

Ingredients :

1 1/2	cup	Pure maple syrup
1	cup	Brown sugar
1	cup	Heavy cream

Method :

- Here are several maple fudge recipes from my collection. They are taken from a French cookbook called "Les P'tits Becs Sucres De La Beauce" which, loosely translated, means "Sweets lovers from the Beauce" (the Beauce is a region of southeastern Quebec that is the main maple syrup production center of the province). Here they are:
Cook all ingredients together to the soft ball stage (about 238 degrees F).
- Remove from heat and stir until the mixture is smooth. Pour into a buttered dish and let cool.

Rabbit a La Danielle

Yield >

4

servings

Keys : Ethnic Main Dish Meats Game French France European Mediterranean

Ingredients :

1	x	large domestic rabbit
1	x	salt

Method :

- Bake in an open casserole at 325F. for two to three hours. The oval French glazed earthenware casserole dishes are the best. A large New Zealand Red rabbit or one that size is the best. This will fill a large casserole dish. The French remove the eyes, but leave the head attached. Sounds gross to American tastes, but the head has some of the tenderest

3	x	1/2 pints of whipping cream
1	x	pepper

meat on the rabbit and surprisingly a large amount.

- French children (mine as well) fight over who gets the head. Serve with roasted carrots and potatoes. Danielle says that since she is not a good cook and hates to cook, this dish is easy to prepare and serve. It still has that marvelous French flair that is incomparable.
- Oh yes, serve also with crusty baguettes of French bread and a very dry Chardonnay. Come to think of it, a good dry Cabernet Sauvignon or Pinot Noir wouldn't be bad either.
- Danielle Caucanas
Reims, France
comments by John Hartman, Indianapolis, IN

Ragout De Boeuffor Pressure Cooker



Yield >

4

Servings

Keys : Pressure Cooker French France European Mediterranean

Ingredients :

2	lb	Round stea
		(cut into narrow strips)
1 / 2	cup	Flour
1 / 4	tsp	Pepper
1	tsp	Paprika
1 1 / 2	tsp	Garlic salt
2	tbl	Cooking oil
1	x	Onion, sliced
1 / 2	cup	Burgundy wine
8	oz	Can button mushrooms, draine
1 / 2	cup	Mushroom liquid or water

Method :

- A french cuisine updated for the pressure cooker.
- Dredge round steak in a mixture of flour, pepper, paprika and garlic salt. Heat pressure cooker. Add oil brown steak and onions. Add remaining ingredients. Close cover securely.
- Place pressure regulator on vent pipe. Cook 15 min. Let pressure drop of its own accord. Thicken gravy if desired and serve on a bed of hot rice. 4 to 6 servings. Andrew Zaech

Ratatouille Nicoise



Yield >

8

Servings

Keys : French France European Mediterranean

Ingredients :

1 1 / 4	lb	Zucchini
1 1 / 4	lb	Eggplant
1 1 / 4	lb	Tomatoes
3	x	Green peppers
3	x	Onions
2	x	Garlic cloves,finely chopped
3 / 4	cup	Olive oil
1	x	Bay leaf
		Salt
		Pepper

Method :

- Peel zucchini and eggplant; cut in bite-sized pieces. Cut tomatoes and onion in bite-sized pieces. Remove seeds and membrane from green pepper and cut into bite-sized pieces.
- The vegetables are browned separately, sauteed in oil over medium to high heat.
- Start with the onions and peppers. Once each is browned, combine them together into one pan and continue to cook slowly, covered. Add bay leaf, salt and pepper at this time.
- Cook eggplant next, followed by the zucchini, then the tomatoes with the garlic.
- In large pan, combine all ingredients and cook for 10 minutes. Serve warm.
- NOTE: Cooking time is approximately a half-hour for all the vegetables. They are cooked separately to keep them from getting water-logged. Ratatouille should not be mushy.
- fat.

Red Snapper with Saffron and Orange En

Papillote



Yield >

4

Keys : Fish Spices Citrus French France European Mediterranean

Ingredients :

1 / 4	cup	extra virgin olive oil
4	x	5 oz red snapper, fillets, skin on
		coarse salt, and freshly cracked black pepper
2	clv	garlic, thinly sliced
2	x	shallot, thickly sliced
		grated zest and juice of of one orange
		several threads saffron
1	x	leek, white part only, julienned
1	x	carrot, julienned
		small handful capers
4	sprg	fresh thyme
4	sprg	fresh tarragon
		splash dry vermouth

Method :

- Preheat oven to 350 degrees F.
Cut four 11-inch (25 cm) squares of parchment paper.
- Fold each sheet of parchment in half diagonally.
- Open and drizzle each with a little of the oil.
- Place a snapper fillet on each sheet of parchment, next to the fold.
- Season with salt and pepper
Top each fillet evenly with garlic, shallots, orange zest, saffron, leek, carrot, capers, thyme and tarragon.
- Drizzle with remaining olive oil, a splash of orange juice and vermouth.
- Seal the parcels by first folding over the empty half of parchment paper.
- Starting at one end, twist the edges of the paper to form a tight seal, working along the edge until you have a half-moon shape.
- Lay the parcels on a baking sheet.
- Bake for 20 minutes, or until parcels puff.
- Cut each package open using scissors and carefully pour the contents onto serving plates.
- Or, to really wow your guests, serve this the traditional way by cutting open the packages on individual plates at the table.
- This method of wrapping food in little parchment bundles keeps in moisture and flavour. The paper puffs up in a big ball, trapping in the steam and gently cooking the package. Just cut each packet open after cooking and serve the fish right in the paper for a beautiful presentation. There is much room for playing here, as orange roughy, halibut or salmon can be prepared this way with Asian, Mediterranean or French flavours. I've also cooked chicken and even just vegetables this way. But make sure not to overpower the main player with too much competition.
- Yield is 4 servings.

Rib-Eye Steak with Red Wine and Porcini

Sauce



Yield >

4

Keys : Beef Main Dish Meats Alcoholic French France European Mediterranean

Ingredients :

3 / 4	oz	dried porcini mushrooms - (to 1)
2	tbl	butter - (to 4)
1	cup	veal or beef stock (or canned beef or chicken broth, preferably low-salt)
1 1 / 2	tsp	fresh thyme (or 1/2 tspn dried thyme)
1 1 / 2	lb	steaks, 3/4" to 1" thick - (to 2 lbs)
		Salt to taste
		Freshly-ground black pepper to taste
1	tbl	oil
2	tbl	minced shallots
3 / 4	cup	dry red wine (such as Cabernet Sauvignon)
1 1 / 2	tsp	potato starch (optional) (or arrowroot or cornstarch)
2	tsp	minced parsley (optional)
2	tsp	finely snipped chives (optional)
1 1 / 2	tsp	minced fresh tarragon (optional)
1	dsh	sugar (optional)

Method :

- **Cook's Notes:** You can substitute other dried mushrooms for the porcinis; if using shiitakes, discard their tough stems after soaking. Use steaks such as rib-eye, top loin (New York) or tenderloin. For nonalcoholic options, use broth, tomato juice or fruit juice.
- Cover the mushrooms with hot water and soak for 30 minutes. If you'd like to enrich the sauce with butter, cut 1 to 2 tablespoons of butter in 1/2-tablespoon pieces and refrigerate them. Heat the oven to 180 degrees or its lowest setting.
- Remove the mushrooms from the water and cut in 1/2-inch pieces. Place them in a saucepan with the stock and thyme. Bring to a boil. Simmer uncovered until the mixture is reduced to about 1 cup, about 10 minutes. Cover and reserve.
- Pat the steaks dry. Trim the fat from their edges. Sprinkle them with salt and pepper on both sides. In a large heavy skillet, heat the oil and 1 tablespoon of butter over medium-high heat until the butter melts and its foam begins to subside. Add the steaks and cook the first side for 2 or 3 minutes, regulating the heat so the fat does not burn. Turn the steaks and cook until done to your taste, about 2 or 3 minutes.
- To check for doneness, press a steak with your finger: If the meat does not resist, it is rare; if it resists slightly, it is medium-rare. (If you are not sure, make a small cut in its thickest part and check its color inside.) Immediately transfer to an ovenproof platter and keep them in the oven.
- **Note:** If you don't have a large skillet, use 2 skillets to cook the steaks, cook the shallots and deglaze with the wine. Then pour the wine into 1 skillet, reduce it to 1/4 cup and continue.
- Pour off the fat from the skillet, and melt 1 tablespoon of butter over medium-low heat. Add the shallots and cook, stirring, 1 minute. Add the wine and bring to a boil over high heat, stirring and scraping up any brown bits. Boil the wine, stirring often, until reduced to about 1/4 cup, about 2 minutes.
- Pour the wine into the porcini mixture and bring to a simmer over medium heat. To thicken the sauce, put the potato starch in a small bowl and stir in 1 tablespoon of water until blended. Gradually whisk half of the potato starch slurry into the simmering sauce. Return to a boil, stirring. For a thicker sauce, gradually stir in the remaining slurry and return to a boil.
- To enrich the sauce with butter, reduce the heat to low and add the cold butter pieces one by one, shaking the saucepan to blend them into the sauce. Off the heat, stir in the parsley, chives and/or tarragon. Taste and adjust seasoning; if

necessary, add sugar to balance the wine's acidity. Spoon the sauce over or around the steaks and serve.

- This recipe yields 4 servings.

Rice Pilaf - (Standard French Recipe)



Yield >

8

Keys : Bbq Barbequed Barbecued Rice Grains Side Dish French France European Mediterranean Greek Greece

Ingredients :

2	cup	long-grain white rice
1	x	onion finely diced
4	cup	chicken stock
		(or water with 4 tbsps chicken base or bouillon cubes)
1 / 2	cup	butter or olive oil
2	tbl	thyme
1	x	bay leaf

Method :

- Preheat oven to 400 degrees. Place the stock in a saucepot and bring to a boil. In a braising pan or casserole, heat the oil and saute the onions and rice for several minutes until the rice turns opaque.
- Add the boiling stock, cover and braise in the oven for 20 to 25 minutes. When the rice is finished, toss with a fork to separate, and serve.
- Pilaf can be held in a hot water bath for a long time. It can also be re-heated in a microwave.
- This recipe yields 8 servings.
- Comments: Make rice pilaf the way Julia Child does it, in an oven. Oven pilaf is generally foolproof and very easy. This method gives you a great deal of flexibility when it comes to recipe specific flavoring. An example of this would be to add some oregano, rosemary and garlic to enhance a Greek recipe or chili powder and garlic for the southwestern recipe. Try

some of your own ideas and see what happens.



Roasted Vegetable Pan Bagna

Yield >

4

Servings

Keys : Provincial Vegetarian French France European Mediterranean

Ingredients :

2	x	Plum tomatoes -- cored and
		Halved
2	x	Garlic cloves -- bruised
1	x	Zucchini, cut lengthwise
		Into 1/4-inch
		Slices
1	x	Red bell pepper, quartered,
		Stems and
		Seeds removed
1	med	Red onion, halved lengthwise
		Cut into 1/2-inch half moons
12	oz	Eggplant cut into 1/4-inch
		Half moons
2	tbl	Extra virgin olive oil
2	tbl	Chopped parsley
1 / 2	tsp	Dried rosemary
1 / 4	tsp	Dried thyme
		Salt and freshly ground
		Black pepper
4	x	Italian hero rolls or small
		Semolina loaves
2	oz	Anchovy fillets, drained and
		Rinsed
2	cup	Trimmed arugula leaves

Method :

- Preheat the oven to 400F.
- Combine the tomato, garlic, zucchini, red pepper, onion, eggplant, and olive oil in a large roasting pan or jelly-roll pan. Toss to coat with oil.
- Bake, turning often, until the vegetables are browned and tender, about 45 minutes.
- Meanwhile, chop the parsley, rosemary and thyme together. Stir into the vegetables during the last 15 minutes of baking. Remove from the oven and add salt and pepper to taste.
- Preheat the broiler or toaster oven. Split the rolls open like a book and toast until the cut sides are lightly golden. Divide the warm vegetables among the rolls. Top each with 2 or 3 anchovy fillets. Scatter the arugula on top. Fold the top of the roll over the filling and serve.

Rob's French Fries Dip



Yield > 1 Servings

Keys : French France European Mediterranean

Ingredients :

1 / 3	cup	Kraft Mayonaise
2	tbl	Horseradish
1	tsp	Vinegar
1	tsp	Ketchup
1	tsp	Black pepper

Method :

- Mix all ingredients in bowl. Chill for 6 hours. Remove and serve at room temperature. Use to dip french fries in.

Rolled Veal - (Paupiettes De Veau)



Yield > 4

Keys : Veal Meats French France European Mediterranean French Hot

Ingredients :

8	slc	Leg of veal pounded thin
2	tbl	Chopped parsley
2	tbl	Finely chopped scallions

Method :

- Combine chopped parsley, scallion, salt, and pepper. Sprinkle each slice of meat with parsley mixture. Lay a piece of bacon over mixture. Roll slice of meat and tie with a string. Heat butter in large, heavy skillet. Add onions, celery, and parsley. Cook over low flame for 5 minutes. Arrange rolled meat on bottom of pan. Cook uncovered for 10 minutes,

1 / 2	tsp	Salt
1 / 4	tsp	Pepper
4	x	Bacon strips cut in two pieces
2	tbl	Butter
1	tbl	Chopped onions
2	tbl	Chopped celery
3	sprg	Parsley
1 / 4	cup	Consomme

turning two or three times so that meat rolls are whitened on all sides. Do not allow meat to brown. Cover. Simmer for 1 hour, turning twice during the last half-hour of cooking. Discard strings. Remove meat to heated serving dish and keep warm.

- Add consomme to pan. Bring to boil and cook for 5 minutes. Pour over meat. Serve hot.
- Serve with rice.
- Suggested Wine: A light red wine; chilled dry white wine; or a rose wine.

Roquefort Dressing



Yield > 4 people

Keys : Dressing Cheese Cold Salad Bbq French French France European Mediterranean

Ingredients :

60	gm	Roquefort cheese
1 / 2	cup	cream
1	tbl	olive oil
1	tbl	chives, chopped
1	tsp	lemon juice
		salt, pepper

Method :

- Mash the cheese with a fork and gradually add the cream to form a smooth paste.
- Mix in the the olive oil, lemon juice, chives and salt and pepper to taste.

Roulades of Veal with Chevre



Yield >

8

Servings

Keys : Beef Veal Meats Cheese French France European Mediterranean

Ingredients :

12	x	Thin slices veal escalopes (turkey breast may be s
		Salt
		Black pepper, ground
6	x	Half-inch thick slices montrachet, each cut into 4
2	tbl	Chopped chives
2	tbl	Herbes de provence
2	x	Eggs, well beaten
2	cup	Bread crumbs
1/3	cup	Butter
1/2	cup	White wine
3	x	Shallots, chopped

Method :

- Pound meat until paper thin. Sprinkle slices with salt and pepper. Place half rounds of cheese at one end of slice. Sprinkle with chives and Herbes De Provence. Fold in sides and roll up jelly-roll fashion, enclosing cheese. Dip rolls in egg and then crumbs. Let dry on wax paper for 1 hour.
- (Can be made a day ahead to this point. After drying, cover rolls and refrigerate. Bring to room temperature before cooking.) In skillet, heat butter and saute rolls slowly until richly browned on all sides. Remove from pan and keep warm. Add wine and shallots to skillet and bring to boil.
- Pour pan juices over rolls. Serve immediately.

Sachertorte with Chocolate Chantilly



Yield >

1

Keys : Cakes Desserts French France European Mediterranean

Ingredients :

CAKE		
1	lb	bittersweet chocolate cut small pieces
2	oz	unsweetened chocolate cut small pieces
8	oz	unsalted butter
3/4	cup	sugar plus
2	tbl	sugar
12	x	eggs separated
1	tsp	vanilla extract
1/2	tsp	salt
8	oz	sifted flour
FILLING		
1	cup	apricot preserves
1	tbl	apricot brandy
GLAZE		
8	oz	bittersweet chocolate - (to 10)
2	tbl	butter
CHOCOLATE CHANTILLY		
1	cup	heavy cream
2	tbl	sugar
2	tbl	cocoa

Method :

- Preheat oven to 350 degrees. Butter and flour a 9-inch springform pan.
- Melt the chocolate over simmering water. Set aside to cool.
- Cream the butter, 3/4 cup sugar, egg yolks, and vanilla. Stir in the chocolate and set aside.
- In an electric mixer, beat the egg whites and salt to stiff peaks. With the machine running, add the remaining 2 tablespoons sugar. Fold in 8 ounces sifted flour. Stir one third of the egg whites into the chocolate mixture to lighten it. Fold in the remaining egg whites, gently but thoroughly. Turn into the springform pan.
- Bake approximately one hour. To check for doneness, insert a toothpick gently into the cake. It should come out dry. Remove the ring of the pan and cool the cake on a rack.
- To make the apricot filling: Puree the apricot jam through a food mill fitted with the finest disk (or use a food processor). Stir in the apricot brandy. Set aside until ready to use.
- Slice cake in half horizontally to make two layers. Spread the bottom layer with two thirds of the apricot filling and top with the second layer. Spread top and sides of the cake with a thin layer of filling. Chill.
- To make the glaze: Melt chocolate and butter over simmering water. Remove from heat and cool until it reaches glazing consistency. Spread over cake and chill.
- Remove sachertorte from refrigerator 1 hour before serving. Serve a wedge of cake with Chocolate Chantilly.
- For Chocolate Chantilly: With an electric mixer, whip the cream until ribbons form. Beat in the sugar just until the cream holds soft peaks. Sift the cocoa over the cream and fold in gently. (Plain creme chantilly is prepared exactly the same way. Just omit the chocolate.)

Salade D'endive De Belgique



Yield >

6

Servings

Keys : Salad French France European Mediterranean**Ingredients :****Method :**

- Pour vinegar into a jar w/ a screw-top lid, & season with

2	tbl	Vinegar
		Salt
		Freshly ground black pepper
3 / 4	cup	Salad oil
6	x	Belgian endives

salt and pepper to taste. Add oil and set aside. Peel endives, wipe each leaf with a clean, damp linen towel. Arrange leaves over six salad plates. Before serving, secure lid to jar of vinegar dressing. Shake well and drizzle over endives.

- Serve at once. For oil and vinegar dressing, remember to use one part vinegar to 5 parts oil, and add salt & pepper to the vinegar, not to the oil or the oil & vinegar mixture. Leaves of the endive should be young and delicate.
- LE CAFE ROYALE
- MINNEAPOLIS, BLOOMINGTON
- CHATEAU VIGNELAURE, 1977

Salmon Alsatian



©2008 MALOMAN PHOTOGRAPHERS

Yield >

4

Keys : Fish Ocean Salmon French France European Mediterranean French Hot

Ingredients :

2	lb	Salmon skinned
2	cup	Alsatian Riesling wine
2	cup	Water
2	med	Carrots sliced
2	med	Onions sliced
1	sm	Bay leaf
1	tsp	Salt
1 / 2	tsp	Pepper
2	tbl	Butter

Method :

- Place salmon in heavy saucepan. Add wine, water, carrots, onions, bay leaf, salt, pepper, and 1 tablespoon butter. Bring to boil. Lower flame and simmer for 45 minutes.
- Meanwhile, combine spinach and cream. Heat. Stir in yolks and continue cooking over medium flame for 5 minutes. In heated serving dish, arrange spinach in a layer. Cut salmon into slices 1/2-inch thick and arrange on spinach bed. Keep warm.
- In small saucepan, heat remaining butter. Add flour. Stir in 1/2 cup cooking liquid and cook, stirring, until smooth and thickened. Pour over salmon. Serve hot.
- Comments: Also good for swordfish and tuna fish.
- Suggested Wine: A chilled dry white wine: Alsatian Riesling; etc.

3	tbl	Heavy cream
3	x	Egg yolks

Salmon Souffle



Yield > 4 people

Keys : Fish French French France European Mediterranean

Ingredients :

75	gm	butter
1 / 2	cup	flour, plain
1 1 / 2	cup	milk
1 / 2	cup	cream
1 / 2	cup	parmesan cheese
200	gm	salmon, flaked
5	x	eggs
1	tsp	fresh herbs (chopped)
		salt, pepper, cayenne

Method :

- Carefully separate eggs.
- Drain and mash salmon to a fine puree with the cream. Set aside.
- Make a white sauce.
- Melt the butter in a saucepan and add the flour, stirring with a wooden spoon. Gradually add the milk, stirring rapidly with whisk. When blended and smooth, add the salt, pepper, cayenne. Simmer gently for 5 minutes stirring the bottom regularly to ensure it doesn't burn.
- Remove sauce from heat and whisk in egg yolks, herbs, salmon and cheese. Sauce should be thick and creamy.
- Whip the egg whites until stiff and gently fold into the mixture, a little at a time.
- Spoon into buttered soufflé dishes and bake in a hot oven 200C/400F for 20-25 minutes until well risen. Do not open the oven door during cooking.
- Serve immediately.

Sara Moulton's Pork Scaloppine

Yield > 2 servings

Keys : Meats French France European Mediterranean

Ingredients :

3 / 4	lb	pork tenderloin
2	tbl	flour
		Salt and freshly ground pepper

Method :

- Remove fat from pork and cut into 1 inch slices. Place slices between 2 pieces of plastic wrap and flatten with the bottom of a heavy pan or meat mallet. Place flour on a plate and season with salt and pepper to taste. Dip pork slices into flour, coating both sides. Heat oil in a large nonstick skillet on medium high. Brown pork 1 minute, turn and brown second side 1 minute. Salt and pepper the cooked sides. Remove to a plate. Add garlic and tomatoes to skillet and cook 3 minutes.

1	tsp	olive oil
2	med	garlic cloves, crushed
2	med	tomatoes, cut into 2 inch pieces (2 cups)

Spoon tomatoes over pork and serve.

- Makes 2 servings.
- When asked what she serves her family for a quick meal, TV chef Sara Moulton answered instantly: 'Pork scaloppine with fresh sauteed tomatoes and garlic accompanied by roasted broccoli and sweet potatoes.'
- Moulton is the executive chef for Gourmet magazine and host of the show schedule, she still finds time to sit down to dinner with her family.
- The pork dish takes about 5 minutes to cook. The broccoli and sweet potatoes take about 20 minutes to roast, a process that intensifies the vegetables' flavor. Start them first and then prepare the rest of the meal. Or, for a quicker side dish, place them in a microwave-safe bowl, cover and microwave on high for 5 minutes.
- fat.
- HELPFUL HINTS
- o Any type of potato and vegetable can be substituted.
- COUNTDOWN
- o Preheat oven to 400 degrees.
- o Start broccoli and potatoes.
- o Make pork scaloppine.
- o Finish vegetables.
- WINE
- o Fred Tasker's wine suggestion: I'd try a light, fruity beaujolais from France.
- SHOPPING LIST
- o To buy: 1/4 pound broccoli florets, 3/4 pound sweet potato, 2 medium tomatoes, 3/4 pound pork tenderloin.
- o Staples: Flour, olive oil, garlic, salt, black peppercorns.
- Linda Gassenheimer's latest book is Low-Carb Meals in Minutes. Write to her

Sausage in Wine

Yield >

4

Keys : Sausage Alcoholic French France European Mediterranean French Hot

Ingredients :

1 1 / 2	lb	Pork sausage
1 / 4	cup	Water
3 / 4	cup	Dry white wine
1	tbl	Butter
1	tbl	Flour

Method :

- Place sausage in large skillet. Add water. Cover and simmer for 5 minutes. Drain off water and continue cooking for 10 minutes more, or until sausage is well browned. Pour fat off skillet. Add wine and cook until wine is reduced to half the original volume.
- Meanwhile, heat butter in small, heavy saucepan. Add flour. Stir in consomme and cook over low flame for 10 minutes.
- Remove sausage to heated serving dish and keep warm.

1	cup	Consomme
1	x	Egg yolk
1	tbl	Lemon juice

To consomme mixture, add reduced wine from sausage skillet. Blend with egg yolk. Add lemon juice. Correct seasoning. Cook for a few seconds, until sauce thickens. Pour over sausage. Serve hot.

- Suggested Wine: A light red wine; chilled dry white wine; or a rose wine.

Saute of Chicken 'A La King'



Yield > people

Keys : Chicken Poultry Hot Dinner Party Casserole French Main Course French France European Mediterranean

Ingredients :

1 1/2	kg	chicken (breasts, legs, thighs)
1	cup	onions
1/2	cup	red capsicum
1/2	cup	green capsicum
2	cup	mushrooms
60	gm	butter
1	tbl	olive oil
1/2	cup	white wine
1/4	cup	brandy
1/4	cup	madiera
1	cup	cream of chicken soup mix
1/2	cup	cream
1/2	tsp	lemon juice
2	tsp	chives, chopped
		salt, pepper
1/10	tsp	cayenne pepper

Method :

- (A pre-roasted chicken can be used in this recipe, reduce oven time)
- If using a whole chicken cut into pieces (legs, breasts, thighs, wings) and season well.
- Melt butter and oil in pan, add chicken, and cook until chicken is lightly browned, turning often. Transfer to ovenproof dish.
- Slice onion and mushrooms.
- Cut capsicum into julienne.
- Add chopped onion and capsicum to pan and cook 3 minutes until softened. Add mushrooms, brandy and madiera, flambe. Add wine, chicken veloute or soup mix, cream, lemon, salt and capsicum. Mix ingredients to combine and bring to simmer 1 minute until thickened. Pour over the chicken.
- Cover, bake in moderate oven 370F/185C for 60 minutes or until chicken is tender. Sprinkle with chives.

Sauteed Cucumbers



Yield >

6

Servings

Keys : Vegetable French France European Mediterranean

Ingredients :

4	med	-size cucumbers, peeled & diced 1/4 inch
2	tbl	Butter
1	tsp	Dill weed
		Salt & pepper to taste
2	x	Tomatoes, peeled, seeded and diced

Method :

- Saute the cucumber in very hot butter until golden. Add dill and season with salt and pepper. Add tomato and stir to mix. Serve immediately.
- THE QUORUM

Savory Bread Pudding with Asparagus, Fontina and Mixed Herbs



Yield >

6

Keys : Puddings Brunch Cheese French France European Mediterranean

Ingredients :

12	slc	Dry bread crumbs to 16 slices
2 1/2	cup	Milk to 3 cups
1	lb	Asparagus
5	x	Eggs
1	tsp	Salt
1	tsp	Black pepper, freshly ground
1/4	cup	Freshly grated Romano cheese
4	oz	Fontina cheese slivered
4	oz	Swiss cheese slivered
1/2	cup	Chopped mixed fresh herbs
		(such as chives, parsley, and tarragon)
		(or such as sage, thyme, and marjoram)
1	tbl	Butter cut into small bits

Method :

- Place the bread in a single layer in a shallow dish. Pour 2 1/2 cups milk over the top. Let soak until the bread has absorbed the milk and becomes soft, about 30 minutes. Press the bread slices to extract the milk. Measure the milk; you should have 1/2 cup milk left after squeezing. If not, make up the difference with additional milk as needed. Set the milk and bread aside.
- While the bread is soaking, trim the asparagus, removing the woody ends. Cut the stalks on the diagonal into thin slivers each about 2 inches long and 3/8 inch thick. Arrange the slivered asparagus on a steamer rack and place over gently boiling water. Cover and steam until barely tender, 2 or 3 minutes. Immediately place the asparagus under cold running water until cold. Drain and set aside.
- Preheat an oven to 350 degrees. Butter a 3-quart mold - a soufflé dish works well.
- In a bowl beat together the eggs, salt, pepper, and the 1/2 cup milk until well blended. Layer one-third of the bread in the prepared dish. Set 6 to 8 asparagus slivers aside and top the bread layer with half of the remaining asparagus and half of the mixed herbs. Strew one-third of each of the cheeses over the asparagus. Repeat the layers, using half of the remaining bread, all of the remaining asparagus and herbs, and half of the remaining cheeses. Arrange the remaining bread on top, strew the remaining cheeses over it, and garnish with the reserved asparagus slivers. Pour the milk-egg mixture over the layers and then dot with the butter.

- Bake in the preheated oven until the top is crusty brown and a knife inserted in the middle of the pudding comes out clean, about 45 minutes.
- This recipe serves 6 to 8.
- Comments: Save up your leftover bread for a week or so, especially the ends and slices from baguettes and any pieces of specialty breads such as focaccia. Let them get good and dry. Heavy, chewy breads make a dense pudding; lighter breads result in a softer, more traditional texture. Served with slices of smoky ham or grilled salmon fillets, this pudding is a good late breakfast or brunch dish.

Scott's South-Meets-South-of-France Rub

Yield >

1

Keys : Bbq Barbequed Barbecued Grilling Rubs Spice Blends
French France European Mediterranean

Ingredients :

2	tbl	brown sugar - (packed)
1	tbl	sea salt
1 1 / 2	tsp	crushed dried rosemary
1	tsp	freshly-cracked black pepper
1	tsp	dried thyme
3 / 4	tsp	ground cumin
1 / 2	tsp	ground oregano
1 / 2	tsp	ground cardamom
1 / 4	tsp	ground coriander seed
1 / 4	tsp	ground cinnamon
1 / 4	tsp	powdered ginger
1 / 4	tsp	sweet Hungarian paprika
1	sm	bay leaf finely crumbled
4	x	garlic cloves minced to a paste

Method :

- Combine ingredients. Rub on leg of lamb before grilling, smoking or roasting. Also good with chicken, beef and pork. Refrigerate unused rub up to several weeks.

Seafood in Champagne with Vegetables

Yield >

4

people

Keys : Seafood Alcoholic Hot Expensive Party French Entree
French France European Mediterranean

Ingredients :

Method :

600	gm	marinara mix
400	gm	fish fillets
1	x	carrots, medium
2	x	onions, medium
1	x	leeks
1 1/2	cup	champagne
1	tsp	cornflour
60	gm	butter
2	x	tomatoes
1	tbl	chives, chopped
1/2	cup	cream
		salt, pepper

- Finely dice onion.
- Peel and cut carrot and leek into fine julienne.
- Skin and cut fish into 2cm cubes.
- Quarter, seed, and dice tomatoes.
- Dissolve cornflour in a little Champagne.
- Place the onion, carrot, leek and Champagne in a saucepan, bring to the boil and cook until vegetables are tender, about 5 minutes.
- Add fish, seafood and tomatoes, cook for 3 minutes, stirring gently. Add cream and cornflour mixture, stir until sauce thickens. Season and finish with chopped chives. Remove pan from heat and stir in butter.
- Serve at once with rice pilaf.

Shark Kabobs with Orange and Thyme



Yield > 4 Servings

Keys : Fish Seafood Provincial Autumn Main Citrus Herbs French France European Mediterranean

Ingredients :

4	tbl	Butter
2	lrg	Shallots, minced
1	tbl	Orange zest, grated
1/4	cup	Orange juice
2	lb	Shark steaks cut in 1 1/2" pieces
		Milk
2	med	Zucchini cut in 1 1/2" pieces
12	x	Pearl onions, blanched
2	x	Oranges
		Peanut oil
4	tbl	Dried thyme, crumbled

Method :

- Make sauce: Melt butter in a saucepan over medium heat. Saute shallots in it until tender, stirring occasionally. Whisk in orange zest and juice. Bring mixture to a boil, stir, and remove from heat. Reheat sauce when ready to serve.
- Grill shark kabobs: Soak shark cubes in milk for 1 hour before grilling. Dry fish and pat dry with paper towels. Thread four 10-inch skewers with fish, zucchini, onions and orange quarters. Brush with peanut oil and sprinkle with 1 tablespoon of the thyme. Sprinkle remaining thyme over hot coals. Grill kabobs, rotating every 3 minutes until shark cubes begin to flake when tested with a fork. Serve on individual platters and pass warm orange sauce at table.

Shark Marsellaise

Yield >

6

Servings

Keys : Fish French France European Mediterranean

Ingredients :

2	lb	Shark fillets
3	tbl	Oil
1	x	Onion, minced
1	tbl	Chopped parsley
1	x	Garlic clove, minced
1/2	cup	Dry white wine
3	x	Tomato, firm, diced
		Salt & pepper

Method :

- Pour oil in oven proof dish, place over medium flame. Add onion, parsley, garlic, tomatoes, salt and pepper. Place fillets over top of vegetables.
- Cover and bring to boil. Lower flame. Simmer for 15 minutes. Add wine and bring to boil. Transfer dish to 350 degree preheated oven. Bake 10 minutes or until fish flakes easily with fork. Remove fish. Strain sauce through sieve and heat to boiling. Pour sauce over fillets.

Shrimps En Brochette



Yield >

6

Keys : Shrimp Shellfish Seafood French France European Mediterranean French Hot

Ingredients :

Method :

- Fill 6 metal skewers with alternating shrimp and bacon. Brush with melted butter. Broil for 4 to 6 minutes 2 to 3 inches

1 1/2	lb	Jumbo shrimp shelled and deveined
6	slc	Bacon cut into squares
		Melted butter for basting
1/4	cup	Sour cream
2	tbl	Lemon juice
1/2	tsp	Salt
1/4	tsp	Pepper

from heat, turning the skewers once and basting occasionally with melted butter. Remove to heated serving dish and keep warm.

- In small saucepan, heat sour cream over low flame. Add lemon juice and juice from broiled shrimps. Cook over low flame for 5 minutes. Season with salt and pepper. Pour over shrimps. Serve hot.
- Suggested Wine: A chilled white wine, dry or sweet.

Sizzling French Steak



Yield >

6

Keys : Beef Main Dish Meats French France European Mediterranean

Ingredients :

4	x	strip steaks - (8 to 10 oz ea)
2	tbl	mayonnaise
1	tbl	Dijon-style mustard
1	tsp	dried tarragon
1/2	tsp	garlic powder
1/4	tsp	salt
1/4	tsp	freshly-ground black pepper

Method :

- Preheat the broiler. Place the steaks on a broiler pan or rimmed baking sheet that has been coated with nonstick cooking spray.
- In a small bowl, combine the remaining ingredients; mix well. Spread the mixture over the steaks, coating well. Broil for 16 to 19 minutes for medium-rare, or to desired doneness beyond that, turning halfway through the cooking.
- This recipe yields 6 servings.
- Comments: Add a little pizzazz to your steak and really make it sizzle. Oh, sure, this can be cooked on the grill, too!

Sliced Calves' Liver



Yield >

4

Servings

Keys : Meats Offal French France European Mediterranean

Ingredients :

3	sm	Spanish onions, thinly sliced in rings
2	tbl	Butter
1	pt	Raspberries
		Salt and pepper to taste
1	lb	Calves` liver, thinly sliced
1/2	cup	Raspberry vinegar
1/2	cup	Veal stock

Method :

- In large skillet, saute onion rings in 1 tbs. butter until soft & golden brown. Set aside 1/3 of onions; stir 3/4 of raspberries into remainder.
- Cook no more than 30 sec. Salt and pepper to taste. Keep warm on hot serving platter. Add remaining butter to skillet over medium-high heat. Add liver slices, a few at a time, and cook until browned, about 30 sec. per side. Arrange over onion/raspberry mixture on serving platter. Stir vinegar into pan juices to deglaze. Cook over high heat for 1 min. Add veal stock and stir well. Reduce heat and simmer until mixture is reduce by half.
- Taste & adjust seasonings. Place the reserved sauteed onion and the reserved raspberries over the liver slices and spoon pan sauce over.
- FROGGY'S
- GREEN BAY ROAD, CHICAGO
- POUILLY-FUISSE

Smoked Salmon and Camembert Quiche



Yield >

4

people

Keys : Egg Fish Cheese Hot Dinner Party French French France European Mediterranean

Ingredients :

PASTRY:

1	cup	flour, plain
90	gm	butter
1	x	egg yolks
1 / 10	tsp	salt
1	tsp	lemon juice

FILLING:

4	x	eggs
250	ml	cream
1 / 4	cup	milk
1 / 2	cup	grated tasty cheese
1	tbl	parmesan cheese
200	gm	camembert
125	gm	smoked salmon, sliced
1 / 10	tsp	paprika, sweet

Method :

- Pastry:
Sift flour and salt into a bowl, rub in butter, add egg yolk and lemon juice and mix to a firm dough. Cover and refrigerate 20 minutes. Roll dough out large enough to line a 25cm flan tin, trim the edges. Cover pastry with greaseproof paper and fill with dried beans or rice to hold in shape while cooking. Bake in a moderate oven for 7 minutes, remove paper and beans and bake a further 7 minutes. Set aside until required.
- Whisk eggs, cream, milk and cheeses together and set aside.
- Spread smoked salmon evenly over pastry. Top with sliced pieces of camembert, pour over egg mixture and sprinkle with paprika. Bake in a moderate oven for about 30 minutes or until set.

Snails Bourguignonne



Yield >

4

Keys : Snails Escargot Shellfish French France European Mediterranean French Hot

Ingredients :

4	doz	Snails
3 / 4	lb	Butter
2	tsp	Finely chopped onion
2	tbl	Finely chopped parsley
2	x	Garlic cloves crushed
1	tsp	Salt
1 / 4	tsp	Pepper
1 / 8	cup	Bread crumbs

Method :

- In mixing bowl, combine butter, onion, parsley, garlic, salt, and pepper. Mix thoroughly.
- In the bottom of each shell put a small quantity of butter mixture. Add snail. Fill shell with butter mixture. Arrange snails, bottom down, on special dish (or baking dish). Sprinkle with bread crumbs. Bake at 400 degrees for 8 minutes. Serve very hot.
- Comments: The preparation, cleaning and cooking of snails is such a long and delicate operation that is is preferable to buy canned snails which are ready to cook.
- Shells are generally sold separately. They may be washed and re-used.
- Suggested Wine: A chilled dry white wine: Bordeaux Graves; etc.

Soft-Shell Crabs with Remoulade



Yield >

4

Keys : Bbq Barbequed Barbecued Grilling Main Dish Seafood Shellfish French France European Mediterranean

Ingredients :

12	x	soft-shell crabs cleaned
1/2	cup	unsalted butter - (1 stick) melted
		Kosher salt to taste
		Freshly-ground black pepper to taste

REMOULADE

3/4	cup	mayonnaise
1/4	cup	finely-chopped fresh Italian parsley
2	tbl	minced white onion
2	tbl	fresh lemon juice
1	tbl	capers drained and minced
1	tsp	Dijon mustard
		Tabasco sauce to taste
		Kosher salt to taste

Method :

- To prepare the Remoulade: In a medium bowl whisk together the remoulade ingredients, including Tabasco sauce and salt to taste. Cover and refrigerate until ready to serve.
- Brush each of the crabs on both sides with melted butter. Season them with salt and pepper to taste. Grill the crabs over Direct High heat until the shells are bright red, 4 to 6 minutes, turning once halfway through grilling time. Serve immediately with the remoulade.
- This recipe yields 4 to 6 servings.
- Wine Recommendation: A dry rose from the South of France can't be beat here.
- Beer Recommendation: Treat yourself to an elegant Pilsner made in Germany.
- Comments: The grill gives a crispy texture to the outside of soft-shell crabs, while the interior melts in your mouth with a flood of flavor from the sea. Eat every last bit of the crab with a dollop of creamy remoulade, a cold dipping sauce from France.

Souffle Blackforest



Yield >

4

people

Keys : Desserts Hot Dinner Party Baked French Dessert French France European Mediterranean

Ingredients :

Method :

2	cup	sour cherries, pitted
1 / 4	cup	sugar (caster)
1	tsp	cornflour
50	gm	butter
2	tbl	flour, plain
1	cup	milk
125	gm	dark chocolate
1 / 4	cup	sugar (caster)
1	tbl	coffee powder
1	tbl	kirsch
1	tsp	vanilla essence
4	x	eggs
1	tbl	sugar (caster)

- Drain cherries and set aside, reserving juice.
- Place juice and first lot of sugar in a pan, bring to the boil and reduce liquid by half. Thicken liquid with cornflour dissolved in water, add drained cherries and stir to combine.
- Grease 6 individual souffle dishes and sprinkle lightly with sugar. Spoon in cherry mixture and set aside.
- Melt butter in pan, stir in flour and cook over low heat for 1 minute. Remove from heat, stir in milk and return to heat, stirring until smooth and thick. Remove from heat and stir in chocolate, sugar, coffee, kirsch and vanilla and mix well until smooth.
- Quickly stir in egg YOLKS and transfer mixture to a large bowl.
- Beat egg whites until soft peaks form, add 1 tblsp sugar and beat until firm. Fold lightly into chocolate mixture. Pour into prepared dishes, place on an oven tray and into a moderate oven (360F) for 15 minutes or until well risen.
- Dust with sifted icing sugar and serve immediately.

Souffle Grand Marnier (Cold)



Yield > 4 people

Keys : Desserts Alcoholic Citrus Cold Dinner Mousse Oranges French Dessert French France European Mediterranean

Ingredients :

2	x	oranges
---	---	---------

Method :

- Prepare moulds:
Make rings (collars) from strips of baking paper that will sit 3-

2	tbl	Grand Marnier
4	x	eggs
1 / 2	cup	sugar (caster)
1	tbl	gelatine powder
1 / 2	cup	warm water
1	cup	cream
1 / 2	cup	almonds, slivered
4	x	individual souffle dishes

4cm above the top rim of the souffle dishes (so you can fill past the top).

- Separate eggs.
- Whip cream to soft peaks.
- Grate rind from oranges.
- Place orange rind, juice, Grand Marnier, egg yolks and sugar in a heatproof bowl. Whisk over boiling water until thick, allow to cool to room temperature.
- Soften gelatine in water, then dissolve over hot water, cool and fold into custard mixture with the cream.
- In a clean bowl, whisk the egg whites until stiff and gently fold through until evenly mixed. Carefully pour into prepared souffle dishes almost to the top of the paper collar and refrigerate until set, about 2 hours.
- Remove paper collar carefully. Cover sides of mousse with crushed nuts.
- To serve, decorate with whipped cream and a piped chocolate 'runout'.

Soupe De Saumon a La Creme

Yield >

4

Servings

Keys : Soup French France European Mediterranean

Ingredients :

FISH STOCK		
1 / 2	x	Onion, diced
1	stalk	celery, diced
1	cup	White wine
1	lb	Bones of white-fleshed fish
1	qt	Water
3	x	Black peppercorns
1 / 2	x	Bay leaf
3	sprg	parsley
SOUP		
1	qt	Fish stock
1 / 4	lb	Salmon, diced
1 / 2	cup	Whipping cream
		Fresh chopped dill

Method :

- TO MAKE FISH STOCK: Simmer all ingredients for fish stock for approximately 45 min. Strain through cheesecloth. FOR SOUP: Bring 1 qt. fish stock to boil. Reduce heat and add the salmon. Simmer 5 min. Remove from heat.
- Gently stir in the cream. Place in a soup tureen or individual bowls.
- Sprinkle with dill.
- THE CHAPARRAL
- WINE:POUILLY-FUISSE,LOUIS JADOT

Squabs on Canapes



Yield >

4

Keys : Squab Poultry Game Meats Bird French France European Mediterranean French Hot

Ingredients :

4	x	Ready-to-cook squabs
4	slc	Salt pork (thin slices)
1 / 4	cup	Melted butter
1 / 4	cup	Dry white wine
1 / 2	tsp	Salt
1 / 4	tsp	Pepper
4	slc	French bread fried in butter
1	tbl	Butter

Method :

- Place a slice of salt pork on breast of each squab. Place squabs in roasting pan. In a bowl combine melted butter and wine. Roast squabs at 400 degrees, basting frequently with butter mixture, for 30 minutes, or until meat is tender. Discard salt pork. Season with salt and pepper.
- Meanwhile, chop squab livers. In a small skillet, heat butter. Add livers, and cook over brisk flame for 5 minutes, or until browned.
- Place slices of fried bread on heated serving dish and keep warm. Spread bread with cooked liver. Place a squab on each slice. Serve hot.
- Serve with potato chips.
- Suggested Wine: A light red wine; chilled dry white wine; or a rose wine.

Steak Au Poivre



Yield >

4

Servings

Keys : Beef Meats French France European Mediterranean

Ingredients :

4	x	New york strip or sirloin steaks, 3/4 inch thick
		Salt
3	tbl	Black peppercorns, coarsely ground
1	x	Olive oil for the pan
1	cup	Red wine (cabernet or pinot noir)
4	x	-6 tb butter

Method :

- Heat the oven to 500 degrees F. Sprinkle the steaks with salt on both sides, and then press the ground peppercorns into the steak on both sides.
- Set a large cast-iron skillet over medium high heat and add just enough olive oil to make a light film. When the oil is very hot, add the steaks, cooking until nicely browned on one side, about 3 minutes for 6 ounce steaks. (If the pan is small, work in batches.) Flip the meat over and put the skillet in the oven. For medium rare steaks, roast for 3 minutes
- for 6 ounce steaks; 4 minutes for 8 ounce steaks. Check for doneness with the tip of a knife or by pressing with your fingertips, keeping in mind that the steaks will cook a bit more as they sit. Transfer the steaks to a warm plate and tent with foil.
- With a spoon, remove any fat from the skillet. Put the skillet back on the burner and heat to medium high. Add the wine and cook until it's reduced to 1/4 cup, about 7 minutes, scraping up the browned bits with a wooden spoon. Whisk in the butter a slice at a time, whisking until completely melted. Taste and adjust the seasonings, drizzle the sauce over the steaks, and serve immediately with more sauce on the side.

Steak with Marrow Sauce and Stuffed

Mushrooms



Yield >

8

persons.

Keys : Way French France European Mediterranean

Ingredients :

2 1/2	lb	round steak, 1 1/2 -inch thick - OR
3	lb	sirloin steak
2	tbl	coarsely ground pepper
Stuffed Mushrooms:		
8	x	fresh large mushrooms
1/4	cup	butter
1 1/2	tbl	finely chopped green pepper
1 1/2	tbl	finely chopped onion
1/4	cup	fresh bread cubes (1/4 inch)
1/2	tsp	salt
1/8	tsp	pepper
1	dsh	cayenne
Marrow Sauce:		
2	lrg	marrowbones (about 1 1/2 pounds)
3	tbl	butter
6	x	shallots, chopped
1	tbl	flour

Method :

- Wipe steak with damp paper towel. Sprinkle both sides with pepper; use rolling pin to press in well. Let meat stand 30 minutes. Prepare stuffed mushrooms:
- Preheat oven to 350 F. Wipe mushrooms with damp cloth. Remove stems and chop fine. Set aside.
- Heat 3 tablespoons butter in large skillet. Saute mushroom caps on bottom side 2 minutes; remove. Arrange, rounded side down, in shallow pan. Heat 1 tablespoon butter in same skillet. Saute stems, green pepper and onion until tender, about 5 minutes.
- Stir in bread, seasonings. Fill mushrooms, mounding. Make marrow sauce: in kettle, bring 2 quarts water to boiling; add marrowbones; bring back to boil; reduce heat; simmer covered, 10 minutes. Remove bones; cool. Take out marrow and chop.
- In 3 tablespoons butter in small saucepan, saute shallots, stirring, until transparent, about 5 minutes. . Remove from heat; stir in flour. Cook over low heat, stirring, 1 minute. Slowly add wine, stirring. Add 1 tablespoon parsley, the thyme, 1/2 teaspoon salt. Simmer gently 10 minutes. Add marrow.
- Remove from heat.
- Meanwhile, bake mushrooms 15 minutes. In 2 tablespoons hot butter in heavy skillet, saute shallot and parsley 1 minute. Add steak; cook over medium heat 10 minutes, turn once, for rare. Cook 5 minutes for medium rare. Place on carving board; sprinkle with salt. Pour 1/4 cup marrow sauce into skillet; bring to boiling, stirring to loosen browned bits. Add rest of sauce; heat. Slice steak thinly on the diagonal. Garnish with watercress.
- Serves 8 persons.

1	tbl	chopped parsley
1 / 2	tsp	dried thyme leaves
1 / 2	tsp	salt
2	tbl	butter
1	x	shallot, chopped
1	tsp	chopped parsley
1 / 2	tsp	salt

Strawberry Timbale



Yield >

4

Keys : Desserts Berry Berries French France European Mediterranean French Chilled

Ingredients :

4	cup	Strawberries fresh or frozen
1 / 8	cup	Granulated sugar
1	cup	Raspberries fresh or frozen
1	cup	Whipped cream

Method :

- In a bowl, combine 3 cups strawberries and sugar. Let stand in refrigerator for 1 hour.
- Through a sieve, rub remaining strawberries and raspberries. Combine with cream. Mix thoroughly but gently.
- In sherbert glasses, place layer of strawberries from refrigerator. Cover with cream mixture. Serve chilled.
- Suggested Wine: Chilled champagne; chilled Bordeaux Sauternes.

String Beans "Poulette"



Yield >

4

Keys : Vegetables String Beans French France European Mediterranean French Hot

Ingredients :

1	lb	String beans
1 / 2	cup	Sauce Poulette * see note

Method :

- Remove stems and tips from beans. Wash and place in a saucepan. Cook in salted boiling water for 15 minutes, or until beans are tender. Drain thoroughly. Add "Sauce Poulette." Mix well. Serve hot.

Stuffed French Toast with Apricot Glaze



Yield >

1

Servings

Keys : Toast French France European Mediterranean French

Ingredients :

1	pkt	(8 oz) cream cheese
1	tsp	Almond extract
1 / 2	cup	Slivered almonds
1	loaf	unsliced sourdough bread
4	x	Eggs

Method :

- In a small bowl, combine the cream cheese and the almond extract until fluffy. Stir in the nuts. Cut the bread into 3/4 inch slices, then make a cut (about 2 inches) on the bottom of each piece of bread. It needs to be large enough to create a pocket that will hold about one teaspoon of the cream cheese mixture. Stuff in the cream cheese mixture. Beat together the eggs , half and half, milk, vanilla, and cinnamon. Dip the stuffed bread into the egg mixture and allow it to get thoroughly moist but not heavily soaked. Cook the bread on lightly greased griddle until golden. Heat the preserves, slice

1 / 2	cup	Half and half
1 / 2	cup	Milk
3 / 4	tsp	Vanilla
3 / 4	tsp	Cinnamon, (or to taste)
1 / 2	tsp	Nutmeg
1	jar	, (12 oz) apricot preserves
1	can	(16 oz) apricots, drained

the apricots into thirds and add to the preserves with the nutmeg. Drizzle over the cooked toast.



Stuffed Loin of Veal

Yield > Servings

Keys : Meats Fillet Tenderloin Sirloin Loin Porterhouse French France European Mediterranean

Ingredients :

6	oz	Bel Paese cheese
10	oz	Prosciutto ham
1 1 / 2	cup	Bread crumbs
2	x	Cloves fresh garlic, pressed
1 / 2	cup	Fresh chopped parsley
2	cup	Butter
1	x	Loin of veal- 24 ounces
		Flour
		Bercy sauce or brown sauce (see recipe)

Method :

- Dice cheese & ham into medium pieces. Mix with bread crumbs, garlic & parsley; add butter to keep it tightly together. Separate veal loin from bone, cleaning away fat & skin. Slice loin lengthwise in half, open & pound lightly. Preheat oven to 350 F. Lay loin out & cover with stuffing mixture.
- Slowly begin to roll veal & when finished rolling, tie stuffed veal together with butcher's string. Flour veal. Heat a saute pan until it is very hot. Add a little butter to pan, then place stuffed veal in hot butter & saute quickly on all sides to seal in juices. Heat in preheated oven about 15 minutes to heat through. At this temperature, the veal should be medium to medium-well done. Serve with Bercy Sauce. Bercy Sauce is a reduction of white wine & shallots that has been added to a demi-glaze; any basic brown sauce will do.
- LE MONT
- WINE:CHATEAU ST.JEAN CHARDONNAY

Supreme De Caneton Aux Baies

Yield > Servings

Keys : Poultry French France European Mediterranean

Ingredients :

3	x	(4-1/2 to 5 lb) ducklings
1	qt	Black currants, canned

Method :

- Remove breasts whole from ducklings, leaving breastbones intact. Do not skin. Place the breasts in a deep pan. Drain currants, reserving juice, & set aside. Pour the juice over the breasts. Cover & marinate 2 hours in refrigerator. Turn occasionally so breasts marinate evenly. Cut turnips into

3	x	Meduim-size turnips, peeled
1 / 2	lb	Unsalted butter
1 1 / 2	cup	Duck stock
1	tbl	Cassis or blackberry liqueur
DUCK STOCK		
6	x	-(up to)
7	lb	Duck bones, scraps, & giblets (no liver)
1	tbl	Oil
1	lrg	Onion, sliced
2	x	Carrots, chopped
2	x	Leeks, washed & sliced
3	stalk	celery, chopped
2	cup	White wine
2	sprg	parsley
2	x	Bay leaves
1 / 8	tsp	Thyme
1	tbl	Salt
1	tsp	White pepper

36 balls, using a melon baller. Melt 4 tbs of butter in a small saucepan over low heat. Saute balls until tender; do not overcook. Remove & keep covered. Preheat oven to 325F. Remove breasts from juice & drain.

- Reserve juice. Cut each breast in half down center through breastbone. Melt 1/2 cup of butter in a 10-inch ovenproof saute pan. Brown breast halves skin-side down. Place pan in preheated oven & bake until breasts are tender, about 25 munites. Remove breasts from pan. Season lightly with salt & pepper & keep warm. Deglaze saute pan with berry juice and Duck stock.
- Reduce slowly until sauce begins to thicken. Do not boil. Add cassis & 2 tbs of butter. Add currants & a dash more salt & pepper. Remove skin and warm bones from breasts. Thinly slice each half & arrange on 6 warmed dinner plates. Pour cassis sauce over each plate & serve. Turnip balls should be placed alongside duckling but not napped with sauce. **DUCK STOCK:** Trim fat & remove skin from duck bones & scraps. Wash well. Set aside with giblets. Pour oil into 6-8 quart stockpot, add the onion, carrots, leeks, & celery. Cook over moderate heat about 3 minutes. Place bones, scraps, & giblets on top of vegetables. Sweat together over moderate heat about 10 minutes. Shake pan occasionally, but do not stir. Add wine, 3 cups warm water, and seasoning and bring to a full boil. Remove any scum that surfaces. Lower heat, cover, & simmer about 3 hours. Remove from heat and allow to cool. Strain through a fine sieve into a clean pot. Reheat stock or freeze for future use.
- LE BAGATELLE
- K ST, NW WASH. DC. WINE: CHATEAU
- GRUAUD-LAROSE, ST.-JULIEN, 1971

Tapenade Verte (Green Olive Spread)



Yield >

1

Keys : Condiments Spreads Restaurant Chef French France European Mediterranean

Ingredients :

12	oz	jar pitted green salad olives - drained
1	x	shallot -- finely chopped
1	tsp	fresh lemon juice
		freshly ground pepper
1/2	cup	olive oil
1	x	handful chives -- chopped

Method :

- In a food processor or small mixer, combine olives, shallot, lemon juice, pepper and half of the olive oil. Add anchovies if desired. Pulse until mixture is a coarse paste consistency. Use more oil if necessary. I like to vary the coarseness according to what I am going to serve. A coarser consistency is good for vegetable crudites (a basket of green onions, fennel slices, cherry tomatoes). A smoother tapenade is good spread on thin slices of baguette, toasted, or thicker chunks of sourdough bread.
- For a smoother tapenade, use all of the olive oil and blend until creamy and smooth. Top with a sprinkling of chives and serve.

Tarte Aux Myrtilles D'ete (Summer Blueberry Tart)



Yield >

8

Servings

Keys : Desserts Berry Berries French France European Mediterranean

Ingredients :

PATE BRISEE		
1 1/2	cup	Unbleached white flour
2	tbl	Sugar
1/2	cup	Butter, chilled cut into small pieces
1	x	Egg yolk
1	tbl	Fresh lemon juice
1	tbl	-Cold water, more if needed
FILLING		
5	cup	Fresh or frozen blueberries
2	tbl	-Water
1/3	cup	Sugar
1	tbl	Cornstarch, dissolved in:
2	tsp	-Water
OPTIONAL		
1/2	pt	Heavy cream, whipped

Method :

- FOR THE PATE BRISEE, stir the flour and sugar together in a mixing bowl.
- Cut the chilled butter into small pieces and drop into the flour. With your fingers, lightly and quickly rub the butter and flour together until the mixture becomes crumbly, or cut it in with a knife or pastry cutter. Whisk together the egg yolk, lemon juice, and 1 tablespoon of water. Sprinkle the liquid over the butter-flour mixture and continue to stir or rub this mixture between your fingers until a ball of dough forms. Be careful not to overwork the dough. If the mixture is crumbly, add up to one more tablespoon water, sprinkling it over the dough and lightly kneading it into a ball.
- On a floured board and with a floured rolling pin, roll out the dough into a large circle. Gently lift it into a 9- or 10-inch pie plate or tart tin.
- Patch any holes in the crust with bits of dough and trim the edges. Flute the crust. Chill for 2 hours.
- Preheat the oven to 375 F.
- Place a sheet of aluminum foil in the bottom of the crust and fill it with dried beans or rice to weigh it down during baking. Bake for 15 minutes.
- Remove the crust from the oven and carefully lift out the foil and beans.
- Bake for 5 minutes more. Cool.

- TO MAKE THE FILLING, heat in a small saucepan 2 cups of the blueberries, 2 tablespoons of water, and the sugar. Crush a few berries with a spoon to release the juice. When the berries have softened and become juicy, add the cornstarch mixture. Simmer on low heat for about 10 minutes, stirring occasionally, until the mixture thickens. Remove it from the heat and fold in one more cup of blueberries. Pour the berry mixture into the baked pie shell. Top with remaining 2 cups blueberries. Cool for at least one hour.
- Serve plain or topped with fresh whipped cream, if desired, or sweetened Creme Fraiche.

Tarte Citron (Lemon Tart)



Yield > To 8

Keys : Citrus French France European Mediterranean

Ingredients :

1 / 2	lb	Frozen Puff Pastry, thawed
		The Juice of 6 Lemons, (About 1 cup)
6	whl	Eggs
5	lrg	Egg Yolks
1 1 / 4	cup	Granulated Sugar
1	cup	Unsalted Butter, cut into pieces

Method :

- But you don't have to wait for a reason to celebrate. Today's recipe is the perfect ending to a rich, complex dinner. Once assembled, this tart requires just a minute under the broiler and then an hour to set, so it's very simple to prepare. Try it for dessert tonight and your friends, family, and guests will be impressed with your French pastry skills.
- If you prefer to use your own puff pastry recipe instead of a prepared pastry dough, just follow the instructions given below in The Kitchen Staff Tips.
- Pre-heat oven to 400-F degrees and assemble your mise-en-place, now.
- (Mise-en-place defined: French cooking method whereby you arrange each ingredient in the prepared portions and sequence you'll require when preparing your recipe.)
- On a lightly floured surface, roll out the pastry dough to about an 1/8-inch-thick circle that's about 12 inches across. Transfer the pastry to a 9-inch tart pan, preferably with a removable bottom. Gently fit the pastry into the pan and trim off any excess. Prick the bottom of the pastry all over with a fork. Line the pasty with aluminum foil and weight it with dried beans or rice, to keep the pastry from puffing up unevenly

during baking. Bake for 15 minutes and remove from the oven when lightly browned.

- Remove the foil and weights and cool on a wire rack.
- Pre-heat the broiler.
- In the top pan of a double-boiler, mix the lemon juice, eggs, egg yolks, and sugar over simmering water in the bottom of a double-boiler pan. Beat the mixture for 8 to 10 minutes with a hand-held electric mixer or whisk.
- Make sure the mixture is very thick and the batter clings to the utensil.
- Remove from the heat and whisk in the butter pieces a little at a time.
- Pour the custard into the puff pastry shell.
- Place the lemon tart under the broiler for 60 seconds, or until the top is just glazed. Let it sit at room temperature for about an hour, or until the lemon filling is cooled and set.
- Slice to serve. Refrigerate any remaining tart to store, but serve at room temperature.
- Kitchen Staff Tips: To prepare a from-scratch puff pastry, chill 1 cup of butter or margarine. Reserve at least 2 tablespoons. Work the remaining chilled butter with the back of a wooden spoon on a sheet of waxed paper that is twice the size of an 9-inch by 12-inch sheet. Make sure to work on one side of the wax paper, then fold the other side on top of the butter, leaving room for the butter to spread as you roll it out to an even 8-inch by 6-inch square. Chill the butter in the refrigerator for at least 1 hour, or place it in the freezer for 20 minutes.
- Cut the reserved 2 tablespoons butter into 1 3/4 cups sifted all-purpose flour until the mixture resembles a coarse meal. Gradually add 1/2 cup ice water. A fork works great for blending the dough. Cover, and let rest for 10 minutes, then roll the dough on a lightly floured surface into a 15-inch by 9-inch rectangle. Peel off one side of the wax paper from the chilled butter and place on one side of the dough, then fold the dough over the top of the butter and seal the edges. Wrap the butter and dough in wax paper and chill for at least an hour in the refrigerator.
- Unwrap the dough and place it on a lightly floured surface. Roll it out to a 15-inch by 9-inch rectangle. Make sure you roll out from the center to keep the batter and dough layers equalized. Brush off any excess flour, then fold the dough in thirds, turn the dough, and fold in thirds again.
- Press the edges to seal. Wrap and chill the dough for at least an hour or freeze the dough at this time.
- To prepare your pastry, simply roll out the chilled or thawed dough to the size required for baking. You now have 7 layers of butter and dough to form a puff pastry while baking.

Terrine De Canard Aux Poivrons



Yield >

4

Servings

Keys : Poultry French France European Mediterranean

Ingredients :

1	x	4 lb. duck
4	oz	Cognac
1 / 2	lb	Ground veal
1 / 2	lb	Lean pork
1 / 2	lb	Pork fat
		Salt and pepper
2	tbl	Green peppercorns
1 / 2	tsp	Thyme
1	tbl	Chopped parsley
1	x	Egg
2	x	Or
3	x	Bay leaves
1 / 4	lb	Marinated mushrooms (see recipe)
		Cornichons
		Cold vegetables

Method :

- To prepare duck and remove the skin intact, turn the duck with its back up.
- Make an incision down the back and gently pull the skin away down to the breast on each side. Cut the skin off the wing at the first joint and do the same at the leg. Pull the skin inside out at the leg and wing, liberating as much as possible with a small sharp knife. When skin is removed, sprinkle it with a little of the cognac and reserve. Remove all meat from duck, reserving liver. Grind meat with other meats, seasonings, egg, and cognac. Cover with plastic wrap and let rest overnight. Sprinkle duck liver with cognac and reserve as well. The next day, saute a sample of the meat and correct seasonings. Line a 1-1/2 quart terrine mold, with cover, with the duck skin. Place a layer of half the meat in the bottom.
- Lay the liver on top. Fill terrine with remaining meat. Place bay leaves on top and fold the skin over to cover. Seal with 2 layers of foil. Place in a bain-marie, filled 2/3 of the way to the top of terrine with boiling water. Bake in 325 oven for 1-1/2 hours or until a metal skewer inserted in the center for one minute is burning hot when touched to the skin. Pour off accumulated fat, weight with a brick, and refrigerate overnight or for several days. Prepare Marinated Mushrooms. (SEE RECIPE) To unmold, dip the mold in hot water and invert. Slice and serve garnished with cornichons, vegetables, and Marinated Mushrooms. Serve with a crock of good mustard & crusty bread. Time includes refrigeration.
- LA TERRASSE

Tian De Legumes



Yield >

1

Servings

Keys : French France European Mediterranean

Ingredients :

2	x	Zucchini
2	x	Eggplants
2	lrg	White onions
3	x	Tomatoes
2	x	Garlic cloves
		Parsley
		Olive oil
		Salt

Method :

- I just saw this southern french recipe on TV5 a minute ago and, since I was going to type it down, thought I should share it with you. (SAINT-TROPEZ RECIPES ON TV5)
- in an oven-proof dish, place the vegetables which should be cut (not peeled) in round thin slices , but not too thin (1,5 cm). place first in the dish 2 rows of zucchini which you don't lay flat, but on the side, then add 2 rows of tomatos, then next to the tomatoes the eggplants and then the onions (if the slices are too large, cut the onions and re-cut each half so that all the vegetables have about the same height), do a second and third round or more according to the size of your dish, but always respecting the order 1)zucchini, 2) tomatos, 3) eggplants 4)
- onions.
- By then, it looks so beautiful and colourful it's almost a shame to cook it...but,
- mince very thinly (do not press!!!) garlic add the parsley and mince both together put this mix on the vegetables.
- spread olive oil to taste (the more, the tastier...)
- put the dish in the pre-heated oven at 200 degrees (very high but not the maximum) let it cook for 40-45 mn.
- I intend to try it tonight...I might apologize tomorrow, but I think it could be an easy side dish to lamb cutlets...

Tournedos "Innkeeper"

Yield >

4

Keys : Beef Meats French France European Mediterranean French Hot

Ingredients :

8	x	Tournedos sauteed in butter
8	slc	French bread fried in butter
		Butter sauteeing and frying
1 / 4	cup	Madeira wine
1	tsp	Finely chopped small white onions
1 / 4	cup	Consomme
1 / 2	cup	Sliced mushrooms fresh or canned
1 / 2	tsp	Salt
1 / 4	tsp	Pepper
1	tbl	Manie butter * see note

Method :

- To sautee: cook tournedos in heated butter over brisk flame for 4 to 5 minutes each side. Salt and pepper to taste.
- Arrange slices of fried bread on heated serving dish and keep warm. Remove sauteed tournedos from pan and place one tournedos on each slice of fried bread.
- To pan in which tournedos have cooked, add Madeira wine and cook, scraping the bottom of the pan until the brown crust is dissolved. Add onions and consomme. Cook over brisk flame for 5 minutes. Add mushrooms, salt, and pepper, and cook for 10 minutes. Add manie butter and continue cooking, stirring constantly, for 3 minutes. Cover tournedos with mushroom mixture. Serve hot.
- Serve with matchstick potatoes.
- Optional: Budget permitting, garnish each tournedos with slice of truffle.
- Comments: "Tournedos" is deluxe steak. Like filet mignon, it is cut from the tenderest part of the filet. Tournedos is a round cut, about 2-inches in diameter and 1-inch thick. Needless to say, it is expensive.
- It may be broiled, or sauteed in butter. It is generally preferred sauteed because broiling makes it a little too dry. It is cooked rare or medium-rare - never well done.
- Suggested Wine: A great Bordeaux or a great French Burgundy.

Tripe Poulette



Yield >

4

Keys : Tripe Offal French France European Mediterranean French Hot

Ingredients :

1	lb	Tripe
1	tsp	Salt
1 / 4	tsp	Pepper
2	tbl	Butter
1	tbl	Flour
2	cup	Clear chicken broth
2	sprg	Parsley
2	x	Egg yolks
1	x	Lemon, juice only
1	tbl	Finely chopped parsley

Method :

- Wash tripe, and place in Dutch oven or large, heavy saucepan. Cover with water. Add 1/2 teaspoon salt, and pepper. Bring to boil. Cover and simmer for 4 hours, or until tripe is tender. Drain. Cut into small pieces. Set aside.
- In large, heavy saucepan, heat 1 tablespoon butter. Add flour and cook for 1 minute, stirring constantly. Stir in chicken broth. Add remaining salt and sprigs of parsley. Bring to boil, stirring occasionally. Add tripe. Lower flame, and simmer for 30 minutes. Discard sprigs of parsley. Blend with egg yolks. Off fire, add lemon juice, chopped parsley, and remaining butter cut into small pieces. Stir until butter is melted. Serve hot.
- Serve with boiled potatoes.
- Comments: By far the most famous tripe dish is "tripes a la mode de Caen," but the best Americans can do about it is put it on the list of dishes they intend to try if and when they go to France.
- However, there are many other delectable recipes which

do not require special knowledge or ingredients. Both "Tripe Poulette" and "Tripe Lyonnaise" (also included in this database) are delicious family dishes.

- Suggested Wine: A chilled dry white wine; or apple cider.

Tuna Fish Omelet



Yield >

2

Keys : Omelets Egg Fish French France European Mediterranean French

Ingredients :

1	x	Egg mixture (as in Basic French Omelet) * see note
1 / 8	cup	Canned tuna fish cut in small pieces
1	tbl	Vegetable oil

Method :

- Add tuna fish to egg mixture. In omelet skillet, heat oil until it is hot. Make omelet as in "Basic French Omelet."
- Comments: In this recipe the omelet is usually made with oil instead of butter.
- Suggested Wine: A chilled dry white wine: Alsatian Riesling; etc.

Turkey Stuffed with Chestnuts - (Dinde Aux Marrons)



Yield >

1

Keys : Turkey Poultry Nuts Seafood French France European Mediterranean French

Ingredients :

10	lb	Ready-to-cook turkey
2	lb	Chestnuts
2	cup	Consomme
1	cup	Water
2	lb	Sausage meat
1	lb	Lean ground pork
1	tbl	Salt
1/4	tsp	Pepper
1/8	cup	Brandy
4	slc	Salt pork (thin slices)

Method :

- With a sharp knife, cut an incision through the shell of each chestnut. Place chestnuts on cookie sheet and bake at 450 degrees for 10 minutes. Shell chestnuts.
- In large saucepan, combine chestnuts, consomme, and water. Bring to boil. Cover and simmer for 20 minutes. Drain and let cool.
- In mixing bowl, combine chestnuts, sausage meat, ground pork, salt, pepper, and brandy. Mix thoroughly.
- Stuff bird with chestnut mixture. Sew up the opening. Cover breast of turkey with slices of salt pork. Cover with buttered wax paper. Place on rack in roasting pan. Pour 3 tablespoons water in pan. Roast at 450 degrees for 15 minutes. Reduce oven temperature to 375 degrees and continue roasting for 1 hour. Remove wax paper. Continue roasting for 30 minutes. Remove salt pork and continue roasting for 2 1/2 hours, or until well done, turning bird in order to brown all sides, and basting occasionally with fat from the pan. For the last half-hour, let bird stand breast-side up.
- For gravy: Pour off excess fat from cooking liquid in pan. Add 1/4 cup boiling water and bringing to boil, scrape bottom of pan until all brown crust is entirely dissolved. Do not thicken. Correct seasoning.
- Comments: It is true that there is no Thanksgiving in France, but there also, turkeys are the victims of a "sacrificial rite." Everybody who can afford it has turkey for the two "reveillons." "Reveillon de Noel" and "Reveillon du Jour de l'An" are the dinner-suppers served at midnight the 24th and the 31st of December.
- In both celebrations, "Dinde aux marrons" (turkey stuffed with chestnuts) is the highlight of the dinner - and justly so. Because even people who don't as a rule care much for turkey love it that way.
- Served with "Braised Celery" (recipe included in this database) and accompanied by a great Bordeaux, it is truly magnificent.
- Suggested Wine: A great Bordeaux or a great French Burgundy.

Valentine Recipe for French Kisses



Yield >

1

Keys : French France European Mediterranean**Ingredients :**

3	x	egg whites room temperature
---	---	-----------------------------

Method :

- Preheat oven to 300 degrees. Place the eggs whites in a glass mixing bowl with salt Beat until the whites are stiff. Slowly add 1 cup of sugar beating constantly. Mix in food coloring, almond extract and coconut using a slow deliberate mix to avoid deflating the mixture. Drop the mixture from a

1 / 8	tsp	salt
1	cup	sugar
2	dsh	red food coloring
1	tsp	almond extract

teaspoon onto a greased and well-floured baking sheet. Bake about 30 minutes. Turn oven off and let kisses sit in oven for 1 1/2 hours

Valtrompia French Bread

Yield > 8 Servings

Keys : Breads French France European Mediterranean Hot

Ingredients :

1	pkt	(11-oz) Pillsbury refrigerated crosty french loaf
---	-----	---

Method :

- Heat oven to 375 degrees. Remove dough from can. Do not slash top. Lightly spray Valtrompia Bread Tube with vegetable oil spray. Place dough in Valtrompia Bread Tube. Secure covers on both ends. Bake upright 55-60 minutes or until ends are golden brown. Remove from tube onto Non-Stick Cooling Rack. Let cool 5 minutes Slice into 1/2-inch slices using Serrated Bread Knife. Serve with Hot Beef and Cheese Dip (see recipe).

Vanilla Bavarian Cream



Yield > 4 people

Keys : Desserts Party Mousse Cold French Dessert French France European Mediterranean

Ingredients :

CUSTARD:

Method :

- Soak gelatine in cold water to soften. Set aside.
- *Make an English Custard:
1. In a bowl, whisk egg yolks and sugar until thick and pale.

3	x	egg yolks
70	gm	sugar (caster)
300	ml	milk
1	tsp	vanilla essence
3	tsp	gelatine powder
1 / 2	tbl	water
300	ml	cream

- 2. Bring milk to the boil with vanilla. Pour slowly onto egg yolks, whisking as you go until combined.
- 3. Return custard to saucepan and cook over LOW heat, stirring the bottom of the pan constantly with a wooden spoon, until custard begins to thicken and coats the back of a spoon. DO NOT ALLOW CUSTARD TO REACH BOILING POINT.
- 4. Remove pan from heat immediately, Stir in gelatine. Strain custard into a bowl. Allow to cool.
- When mixture is cool but not set, fold in lightly whipped cream. Don't over beat.
- Ladle into individual cups, moulds, or a loaf tin etc. and allow to set in the refrigerator, about 2-3 hours.
- To unmould the cream ,dip the outside of the mould into hot water for a few seconds, shake lightly to loosen and gently ease out into the palm of your hand.
- Serve with fruits and fruit coulis or chocolate sauce.
- Less gelatine is required if mousse is served in a glass.

Veal Cordon Bleu



Yield > 4 people

Keys : Veal Meats Hot Dinner Party Stove French Main Course French France European Mediterranean

Ingredients :

4	x	veal snitzels
4	slc	ham
4	slc	Swiss cheese
1 / 2	cup	flour, plain
		salt, pepper
3	x	eggs

Method :

- Cut each large veal steak in half and pound out each piece of veal very thinly. Trim edges to form oval shape. You will need 2 pieces of veal the same size to make one serving of veal Cordon Bleu.
- Put a spice of ham, then a slice of cheese on each of the four slices of veal, making sure filling comes to within 1cm of edge of veal all round. Top with remaining veal slices, pressing edges of veal firmly together to completely seal filling.
- Coat veal lightly with flour seasoned with salt and pepper. Dip into combined beaten eggs and milk, then into breadcrumbs, pressing crumbs on firmly. Repeat egg-and-

1 / 4	cup	milk
1	cup	breadcrumbs
60	gm	butter
1 / 4	cup	vegetable oil

breadcrumb process. Chill for 20 minutes.

- Heat butter and oil in large frying pan, add veal steaks and cook gently on both sides until golden brown. Allow approx 5 minutes on each side.
- Serve with lemon wedges, buttered asparagus and yellow squash and baked potatoes.

Veal Scaloppine with Zucchini and Cream



Yield > 4 Servings

Keys : Veal Vegetables Meats French France European Mediterranean

Ingredients :

4	x	Scaloppine of veal 1/2lb ea.
		Salt and pepper
2	tbl	Butter
1 / 4	cup	Onion chopped fine
1 1 / 4	cup	Zucchini,julienne cut
1 / 2	cup	Dry white wine
1 / 2	cup	Heavy cream
1	tbl	Chopped parsley
		Lemon slice for garnish

Method :

- 1. Place the scaloppine on a flat surface and pound lightly with a flat mallet until quite thin. Sprinkle with salt and pepper.
- 2. Heat the butter in a large heavy skillet and add the veal. Cook over moderate heat about 3-4 min. on each side. Remove and keep hot.
- 3. Add the onion and zucchini to the skillet and cook, stirring, until the onion is wilted.
- 4. Add the wine to stir and blend. Bring to a boil and cook down until the liquid is reduced by about 1/3.
- 5. Stir in the cream and bring back to a boil. Add salt and pepper to taste.
- 6. Return the veal to the skillet and turn to coat with the sauce. Reheat briefly.
- 7. Transfer the veal and sauce to a warmed serving platter. Sprinkle with the parsley and garnish with lemon slices. This dish named: Escalopes de veau aux courgettes

Vegetable Croquettes



Yield >

4

people

Keys : Vegetable Hot Stove Budget French French France European Mediterranean

Ingredients :

3	cup	potatoes, medium
1	x	onions, medium
1 / 2	cup	carrots, medium
1	stk	celery
1 / 2	cup	peas
1 / 2	cup	corn kernels
2	tsp	butter
1	tsp	fresh herbs (chopped)
1 / 10	tsp	cayenne pepper
2	x	eggs
1	cup	breadcrumbs
1 / 4	cup	vegetable oil

Method :

- Peel and cook potatoes in boiling salted water until tender. Mash fine.
- Peel and finely dice onions, carrots and celery.
- Cook gently in butter until tender.
- Combine the potato, onion, cooked mixed vegetables and spices, make spoonfuls into patties, and flatten.
- Roll them in egg and coat with breadcrumbs.
- Heat oil in a pan and cook patties on both sides until golden brown.
- Serve with freshly made tomato sauce.

Veloute for Poultry



Yield >

1

Keys : Sauces French France European Mediterranean French Hot

Ingredients :

Method :

- Heat butter in heavy saucepan. Stir in flour. Add chicken

2	tbl	Butter
2	tbl	Flour
2	cup	Clear chicken broth
2	tbl	Chopped fresh mushrooms
		(or canned sliced mushrooms)
1	sm	Bay leaf
1	pch	Thyme
1 / 2	tsp	Salt
1 / 4	tsp	White pepper
1 / 8	cup	Heavy cream
2	x	Egg yolks
1	pch	Grated nutmeg

broth and cook, stirring constantly, until smooth. Add mushrooms, nutmeg, bay leaf, thyme, salt, and pepper. Cook over low flame, stirring occasionally, for 30 minutes. Add cream. Stir in yolks. Heat but do not allow to boil. Serve hot.

Vichyssoise



Yield >

6

Keys : Soups Stews French France European Mediterranean

Ingredients :

3	cup	sliced peeled baking potatoes
3	cup	sliced cleaned leeks, white and
		pale green parts only
6	cup	chicken stock, homemade,
		or low-sodium commercial
1 / 2	cup	cream - (to 1 cup)
		Salt to taste
		Freshly-ground white pepper to taste
2	tbl	minced chives

Method :

- Combine the potatoes, leeks and stock in a large pot. Bring to a boil, then simmer, partly covered, until the vegetables are very soft, about 45 minutes.
- Cool slightly, then puree in a blender, food processor or food mill. Remove the soup to a covered container and chill at least 4 hours or up to 3 days.
- Before serving, add as much cream as desired and season with salt and pepper.
- Serve in shallow bowls and garnish with chives.
- This recipe yields 6 to 8 servings.
- Chilled Watercress Soup: Decrease leeks to 2 cups; add leaves from 1 bunch washed and drained watercress 5 minutes before cooking time is finished. Omit chives and garnish with watercress sprigs.
- Chilled Spinach Soup: Proceed as above, substituting

leaves from 1 bunch spinach for the watercress and adding 1 chopped garlic clove to the potato/leek mixture. Add a few grindings of nutmeg.

- Chilled Pepper Soup: Decrease leeks to 2 cups; add 1/2 to 1 cup peeled, roasted red bell peppers (prepared at home or from a jar) before pureeing the soup. Garnish with chopped chives or chopped chervil.
- Chilled Asparagus Soup: Decrease leeks to 2 cups; add 1 minced garlic clove to the potato/leek mixture, and add 1 to 1 1/2 cups blanched and cut-up asparagus spears along with 3 tablespoons nonfat dry milk to the mixture 5 minutes before cooking time is up. For a low-calorie version, skip the cream enrichment or use only a tablespoon or two - the nonfat dry milk makes this creamy without adding fat.
- Comments: Using this, from "Mastering the Art of French Cooking," by Simone Beck, Louisette Bertholle and Julia Child (Alfred A. Knopf), as a Master Recipe, you can prepare a number of delicious summer soups.

Vincent Price's French Toast Santa Fe

Yield > Servings

Keys : Breakfast Celebrity French France European Mediterranean

Ingredients :

		Bread
2	x	Eggs, beaten
1 / 2	cup	Cream
1 / 2	tsp	Salt
1	dsh	Nutmeg
		Maple syrup
1 / 4	cup	Vegetable oil
		Powdered sugar

Method :

- Preheat oven to hot (400 F). Use bread that is very dry - 2 or 3 days old.
- Cut 3 slices of bread, 3/4 inch thick. Trim crusts and cut across diagonally to make 6 triangles. In a bowl, beat eggs until light and frothy. Add cream, salt and nutmeg. Soak bread, a few pieces at a time so they absorb egg-cream mixture thoroughly. In skillet, heat 1/4 cup cooking oil. Fry bread on both sides until golden. Remove bread and drain on paper towel to absorb any grease. Place on baking sheet and allow to puff up in the hot oven for 3 to 5 minutes. Sprinkle with sugar; serve with maple syrup.
- Serves 2.

Watercress Finger Sandwiches



Yield > Servings

Keys : Sandwiches French France European Mediterranean

Ingredients :

4	slc	White bread
1	bn	watercress

Method :

- Trim crust off bread, then butter each slice. Wash watercress, then chop very fine. Add mayonnaise and seasoning to watercress; mix thoroughly.
- Spread watercress mixture on two slices of the bread,

2	tbl	Mayonnaise
		Salt & pepper

and top with remaining slices. Cut sandwiches in half, serve garnished with watercress.

Watkins French Country Beef Stew



Yield > 8 Servings

Keys : Main Dish Meats French France European Mediterranean Hot

Ingredients :

2	tbl	Vegetable oil
2	lb	Boneless beef shoulder or Chuck -- cut into 1-inch Cube
1	can	16 ounces whole tomatoes & Juice -- chopped
1	cup	Coarsely chopped onion
1 1/2	cup	Water
3	tbl	WATKINS Beef Soup Mix
1	tbl	Worcestershire Sauce
3/4	tsp	WATKINS Tarragon
1/2	tsp	WATKINS Black Pepper
1/2	tsp	WATKINS Garlic Powder Granules
2	cup	Sliced carrots
3	can	15 ounces each -- norther Or Navy beans -- drained

Method :

- In large kettle or Dutch oven heat oil until hot. Add half of the beef; brown on all sides; remove with slotted spoon and repeat with remaining beef. Return meat to kettle. Add tomatoes, onions, water, Beef Soup Mix, Worcestershire Sauce, Tarragon, Black Pepper, and Garlic Powder Granules.
- Bring to a boil. Reduce heat and simmer, covered, until meat is almost tender, about 1 hour. Add carrots. Simmer, covered, until carrots and meat are tender, about 20 minutes. Stir in beans and cook until beans are heated through, about 5 minutes. Serve hot.

Whole Grilled Foie Gras with French Beans and Quince Vinegar

Yield >

4

Keys : Appetizers French France European Mediterranean Italy French

Ingredients :

3	cup	Red wine vinegar
2	x	Quince peeled
4	tbl	Sugar
2	lb	French beans ends removed
2	cup	Watercress - (abt 1/4 lb) rinsed, spun dry
2	tbl	Hazelnut oil
4	tbl	Chopped hazelnuts
		Salt to taste
1	whl	Foie gras, A quality - (1 to 1 1/4 lbs)

Method :

- Preheat grill.
- Place vinegar in 2-quart saucepan. Core, seed and slice quince and place in pan with vinegar and add sugar. Reduce by two thirds. Place in food processor and blend until smooth and thick. Set aside.
- Bring 2 quarts water to boil and blanch beans 1 to 2 minutes or until crisp and bright green. Shock in ice water. Drain and toss with watercress, hazelnut oil, hazelnuts and 2 tablespoons quince vinegar. Season with salt and arrange on large platter.
- Place foie on hot grill and cook to medium-rare, about 3 to 4 minutes per side. Remove, slice and arrange on platter. Drizzle with quince vinegar and serve immediately.
- This recipe yields 4 servings as an appetizer.

Wild Rice L'entrecote



Yield >

4

Servings

Keys : Rice French France European Mediterranean Hot

Ingredients :

1 / 3	cup	Salad oil
2	cup	Wild rice
1 1 / 2	tsp	Finely chopped shallots
1 / 4	tsp	Thyme
1	tsp	Salt
1 / 4	tsp	White pepper
4	slc	Crisp lean bacon, diced
1 / 4	cup	Brandy

Method :

- Preheat oven to 400 degrees. Heat the oil in an ovenproof skillet and saute the wild rice and shallots until the shallots become translucent. Add the thyme, salt, and white pepper and saute over medium heat 5 minutes. Add 2 cups water. When it comes to a boil, move the skillet to preheated oven and bake 15 minutes. Return the skillet to range top over medium heat. Stir in bacon. Pour on the brandy; when it is warmed and begins to release its fumes, ignite with a match and let it flame. Serve while hot.
- L 'ENTRECOTE

Winter Vegetable and Bean Soup with Pesto



Yield >

4

Keys : Soups Stews French France European Mediterranean

Ingredients :

PESTO		
2	cup	fresh basil leaves - (packed)
1/2	cup	drained canned diced tomatoes
3	tbl	freshly-grated Parmesan cheese
2	tbl	extra-virgin olive oil
3	x	garlic cloves peeled
		Salt to taste
		Freshly-ground black pepper to taste
SOUP		
2	lrg	leeks, white and pale green parts only chopped
2	med	carrots peeled, diced
1	x	white-skinned potato - (6 oz) peeled, diced

Method :

- For pesto: Puree all ingredients in processor. Season with salt and pepper. (Pesto can be made 1 day ahead. Cover and refrigerate.)
- For soup: Combine first 4 ingredients in heavy large pot. Cover and cook over medium-low heat until vegetables are almost tender, stirring occasionally, about 8 minutes.
- Add broth; bring to boil. Stir in orzo; boil uncovered until orzo is almost tender, stirring often, about 12 minutes.
- Add green beans; reduce heat and simmer until beans are tender, about 6 minutes.
- Stir in cannellini and crushed pepper; simmer until heated through, about 3 minutes. Season with salt and pepper.
- Divide pesto among 4 bowls. Ladle soup over pesto; swirl to blend. Sprinkle with 2 tablespoons cheese.
- This recipe yields 4 servings.
- Comments:
This recipe hails from France.

8	cup	canned vegetable broth
1 / 2	cup	orzo (rice-shaped pasta)
6	oz	green beans trimmed, and
		cut into 1/2" pieces
15	oz	canned cannellini (white kidney beans) rinsed, drained
1 / 4	tsp	dried crushed red pepper
		Salt to taste
		Freshly-ground black pepper to taste
2	tbl	freshly-grated Parmesan

Wood Grilled Sirloin with Homemade French Fries

Yield > 4

Keys : Beef Grilling Main Dish Meats Fillet Tenderloin Sirloin Loin Porterhouse French France European Mediterranean

Ingredients :

4	x	dry-aged sirloin steaks - (16 oz ea)
2	tbl	vegetable oil
2	x	garlic cloves sliced
2	sprg	fresh rosemary roughly chopped
3	sprg	fresh thyme roughly chopped
		Salt to taste
		Freshly-ground black pepper to taste

SAUCE

3	cup	red wine
1 / 4	cup	peeled chopped shallots
2	tbl	veal stock (demi-glace)
		Splash of sherry vinegar
2	tbl	butter
		Sugar to taste

FRENCH FRIES

8	x	Idaho potatoes peeled
---	---	-----------------------

Method :

- Have the butcher cut 4 prime sirloin steaks to your desired size. Prepare the marinade by combining the 4 marinade ingredients and rubbing the steaks in this mixture. Allow to marinate overnight in the refrigerator.
- Combine red wine and shallots in a medium saucepan. Cook over high heat and reduce until about 3 tablespoons remain, then add veal stock, sherry vinegar and butter, bring back to a low boil, and add sugar, if needed, and set aside in a warm place.
- Cut the French fries with mandoline or French fry cutter 1/4-inch strips. Heat a saucepan or stock pot (at least 2 gallon capacity) with the oil about 250 degrees (use a thermometer to gauge). Add the French fries and cook, stirring to avoid clumping together, about 3 minutes, until soft but not mushy. Remove with a mesh strainer and drain onto paper towels.
- Turn heat to high and heat oil to 350 degrees. At the last minute before serving plunge the fries into the oil and cook until golden brown. Remove from oil, drain onto towels and season with salt to taste.
- Heat the stove top smoker with wood chips. Put the steaks on the smoker for 3 minutes. Cover with the lid for a few minutes to infuse the meat with the wood smoke flavor. Then place steaks on grill pan and cook to desired doneness. Season with salt and pepper. To serve, ladle sauce over steak and top with compound butter.
- For compound butter, mix all ingredients in a bowl and whisk until smooth. Roll into a log, shape in plastic wrap, then freeze until solid. Slice into 1/4-inch slices and place on top of each steak.
- This recipe yields 4 servings.

1 / 2	gal	peanut oil, neutral flavor for frying
		Salt to taste
COMPOUND BUTTER		
2	tbl	lemon juice
1 / 4	lb	butter softened
2	x	garlic cloves chopped
1	sprg	rosemary finely chopped
2	sprg	thyme finely chopped
		Wood chips for grilling

Woodcutter's Omelet

Yield > 1 Servings

Keys : Cheese Eggs Vegetables French France European Mediterranean

Ingredients :

KAREN GODFREY		
2	tbl	Butter
1	oz	Mushrooms, sliced
1 / 2	x	Onion, chopped
2	x	Bacon strips, diced
1	tsp	Lemon juice
2	x	Eggs
1 / 2	x	Potato, cooked and diced
1	tbl	Parsley, fresh, chopped

Method :

- Melt butter in an omelet pan or small skillet. Add mushrooms, onion, and bacon, and saute' until brown. Add lemon juice to deglaze pan. Remove and reserve mixture.
- Beat eggs and add potato. Heat pan and pour in egg mixture. Cook just until edges are firm and the center is soft.
- Place mushroom mixture on top of omelet and sprinkle with parsley. Fold in half and serve immediately. S: Cooks From Around the World

Zesty French Dressing



Yield >

1

Servings

Keys : Appetizers French France European Mediterranean

Ingredients :

1	cup	Corn oi
1 / 4	cup	Vinegar
1 / 8	tsp	Pepper
1	tsp	Salt
1 / 4	tsp	Paprika
1	dsh	Celery salt
1	tsp	Sugar
1 / 8	cup	Ketchup
3	tsp	Lemon juice
1	tsp	Worcestershire sauce
1	x	Garlic clove

Method :

- Measure ingredients into a jar with a tight seal. Shake well. Chill for several hours. Remove garlic. Shake before serving.